



*My Gut Instinct, Inc. Presents:*

# GUTS & GLORY

## Digestive & Wellness Expo

*Join us for an exciting journey of wellness education, nutritional awareness, health consciousness, and family fun at our annual wellness exposition and 'gut fest' to celebrate health!*

**Saturday, October 8, 2016**



11 AM to 4 PM

**First Energy Stadium, Reading**

*Rain date Sunday, October 9, 2016*

**Stop by this FREE Admission Event and see...**

- Expert lectures on nutrition, fitness, & healthy living
- Healthy food and alcoholic/nonalcoholic drinks for sale
- Kid targeted zones on healthy eating and exercise
- Holistic experts and stress relief tips
- Free tasting samples
- Informational booths
- Free health screenings
- Massage tent
- Farmer's market
- Community garden
- Live local music
- Live fitness presentations
- Live dance demos
- Kids' inflatable obstacle course

**Title Sponsor:**



**PennState Health**  
St. Joseph

Follow us on   
My Gut Instinct

FOR MORE INFORMATION ON THIS EVENT, VISIT [MyGutInstinct.org](http://MyGutInstinct.org)