

HP Living Well Community/ MMHG Wellness Webinar

Gut Feelings: Decoding What Your Digestion Is Telling You



Wednesday, August 5, 2026

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!

Your digestive system sends signals worth paying attention to. This session explores what common digestive symptoms may be telling you about your gut health, how to support healthy digestion through lifestyle and nutrition, and when symptoms warrant a closer look. Learn to listen to your gut with confidence.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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