



FLORIDA ATLANTIC UNIVERSITY

Marcus Institute of
Integrative Health



INTEGRATIVE NUTRITION

Nourishing the Mind & Body

This 9-week journey is designed to educate and empower participants with the tools and knowledge to create a balanced, health-supportive lifestyle. Each week focuses on a key aspect of nutrition and wellness, with expert guest speakers offering specialized insights. Whether you're looking to optimize energy, improve gut health, or navigate healthy eating during the holiday season, this series offers practical tips for real-life application



October 9, 16, 23, 30
November 6, 13, 20
December 4, *11
11 am - 12 pm

*Final class (12/11) 10 am - 12 pm



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Rebecca Kastin,
NBC -HWC

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to reserve your seat