



# Feeding and Caring for Your Microbial Self



## **A FREE Four-Part Series Wednesday Evenings, 7 pm**

1. Nov. 7: *Feeding Your Friends, Starving Your Foes*
2. Nov. 14: *Inflammation and Omega-3*
3. Nov. 21: *The Gut-Brain Connection*
4. Nov. 28: *The Big Picture of Your Little Friends*

**Presenter: Pekka Määttä, PhD**  
Assistant Professor  
of Biology, Burman  
University

**Research Interests:**  
Diet and lifestyle  
impacts on gut  
microbiota,  
protein folding,  
Neurodegenerative  
Diseases

**Location: Clive ACS Center, 4903-50 Ave.  
(Behind Roosters) Clive, AB**

**To Register call Darlene at 403-784-2283**