



Brain Injury SA.

Embrace life after brain injury

# Probiotic Workshop

*Learn to make your own probiotic food!*

Wednesdays/various  
locations across  
February 2023

## February is Gut Health Month.

**Did you know 1 in 2 Australians experience gut health issues? This Gut Health Month let's talk about how food can help you improve your gut health, and why it is also important for your brain health.**

### **Gut-Brain Axis – it is real!**

We all know how important the gut is for digestion and absorption of our food, but did you know that the gut and brain talk to each other? What we eat is important and therefore it is equally important that we ensure that the food we eat is nourishing for the good bacteria that lives in our body. When you have good gut health, this can help to improve your brain health, giving you more energy and clarity.

During Gut Health Month, we will learn how to make probiotic foods that are cheap, easy and most importantly, tasty! Incorporating probiotic foods into your diet is so important for your gut health, and during this workshop you will learn how to incorporate probiotic and prebiotics foods into your diet to improve your overall gut health, and the benefits of doing so!

Please bring with you:

- glass jar (>500mls capacity), & poulder/potato masher

### **Who:**

Current Brain Injury SA clients

### **Dates and Times:**

**Central Hub:**

8 February, 11am-1pm  
70 Light Square, Adelaide

**Northern Hub:**

15 February 10.30am-12.30pm  
2/57 Elizabeth Way, Elizabeth

**Southern Hub:**

22 February, 11am-1pm  
15 Alexander Kelly Drive,  
Noarlunga Centre

### **Cost**

NDIS or Fee for Service options available. Please contact us to find our more and for support.

### **To Register:**

Bookings are essential.

**Call on 8217 7600 or email:**  
**[info@braininjrysa.org.au](mailto:info@braininjrysa.org.au)**

### **More information?**

For more information on what services Brain Injury SA can offer, please contact us:

**Telephone**  
**08 8217 7600**

**Country callers**  
**1300 733 049**

**Email** [info@braininjrysa.org.au](mailto:info@braininjrysa.org.au)

[www.braininjrysa.org.au](http://www.braininjrysa.org.au)