

Stockton's Manahawkin Instructional Site Hosts Session on Digestion and Health

Anthony Dissen to Speak at Free Lunch & Learn on Feb. 4

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Galloway, NJ – Stockton University will host a Lunch & Learn session on “Digestion & Health: The Powerful Role of the Microbiome” on **Thursday, Feb. 4 from 12:30 p.m. – 1:30 p.m.**

The Lunch & Learn will be held at the Manahawkin Instructional Site, located at 712 E. Bay Ave., Manahawkin, N.J. The event is free and open to the public, and lunch will be provided. To register, call the Manahawkin Instructional Site at 609-626-3883.

Anthony Dissen, a registered dietitian nutritionist and adjunct faculty member at Stockton, will discuss the role digestion plays in determining physical, mental and emotional health.

Dissen will define the microbiome, its impact on our health and development, and look at the microorganisms that live both within the digestive system as well as over the entire body.

His lecture explores common lifestyle practices which undermine the health of the microbiome, such as over use of antibiotics, obsessive hygiene and lack of proper foods in the diet.

Dissen will also discuss the health consequences of reducing the microbiome, which include digestive diseases, autoimmune conditions, and certain vitamin deficiencies, and how to begin to restore the microbiome to more optimal levels.

For more information on activities and classes at the Manahawkin Instructional Site, visit: <http://www.stockton.edu/manahawkin> or call 609-626-3883.

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