

You Are What You Eat

presented by

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Hospital of Central Connecticut, Cafeteria

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1 describe the relationships between gut bacteria and systemic health*
- 2 define probiotics, and describe various preparations available*
- 3 describe indications for probiotics with proven health benefits*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation.

Financial Disclosures:

- Lindsay Shi, DO: Nothing to disclose - 10/30/2021
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