EVANS FARM

DONALDSON WELLNESS SERIES

Join us for 4 evenings of expert-led conversations on the health topics that matter most to you, **all hosted right here in your own backyard.**

SCAN TO LEARN MORE & RSVP

MAY 07

Gut Health & Its Impact on Mind & Body

5–7 PM | EVANS FARM HUB | LEWIS CENTER, OHIO

Join dietitian Colleen Bush, RDN, & functional provider Tricia Granchi, MSN, for an intimate conversation about the gut-brain connection and real ways you can support your body from the inside out.

JUNE 11

Stress, Focus & Cortisol

5–7 PM | 3 PILLAR MODEL HOME: 5609 EVANS FARM DRIVE, LEWIS CENTER, OHIO

Chronic stress does profound damage. Marguerite Weston, MD, and Colleen Bush, RDN, explore how "the stress hormone" shapes our lives and show you what you can do to take control of it.

JULY 30

The Longevity Circuit

5–7 PM | STANDARDIZED BREWING | LEWIS CENTER, OHIO

Engage in an interactive strength experience featuring local experts who want to give you the playbook on improving longevity and doing what it takes to feel your best for decades to come.

OCT 21

The Season 2 Launch Party & Live Recording of the "*Asking for A Friend*" Podcast

5–7 PM | BASE ONE: 6671 VILLAGE PKWY | DUBLIN, OHIO

Did you know that the health experts here at Evans Farm have their own women's health podcast?

Join us for a live recording of our podcast "Asking For A Friend" — where the Donaldson functional medicine team will take the stage surrounded by their community, with glasses of wine firmly in hand, ready to provide answers to your most pressing health concerns.

PRESENTED BY DONALDSON & YOUR EVANS FARM COMMUNITY