



Go with your gut.



The gut-brain connection is stronger than you think.

From inflammation to anxiety, so many things can start in the gut. If you're experiencing symptoms or trying to improve your health, talk to your provider today. They can help you get to the bottom of your digestive health and provide additional gut-friendly tips like eating more whole, plant-based and high-fiber foods rich in prebiotics and probiotics.



Schedule an appointment.

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Who can use these services?

All Lockheed Martin employees may use the Wellness Center, regardless of medical plan.

The Wellness Center
Operated by **Premise Health.** 

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