



Leading an Anti-Inflammatory Lifestyle



Inflammation can cause damage to your body's cells, tissues and organs.

Register for this [live webinar](#) on Wednesday, October 11 at 1:00 pm CT to:

- Examine the connection between diet and mood.
- Review habits that promote an anti-inflammatory lifestyle.
- Identify foods that increase or reduce inflammation.

**All live webinars are recorded and posted on your member website.*

Visit your member website for more information.