



# 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 [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) or call your Employee Assistance Program at 1-800-450-1327 (TTY 711) for helpful resources.