



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



# 2020 Series

Many foods serve as natural remedies for risk reduction and healing diseases. See what foods you can incorporate into your diet to decrease your risk or naturally heal the seven most common chronic diseases in the US. These diseases include cancer, diabetes, heart disease, hypertension, depression, and pulmonary conditions. Also discover how to prevent and naturally remedy common ailments such as headache, heartburn, nasal congestion and constipation.

## Healing Foods & Natural Remedies

### Register Here

Participant will receive a confirmation email with the attendee link and call in number upon registration.

**Date: February 26, 2020**  
**Time: 12:00pm – 12:45pm**

