



LA COUNTY *Wellness* Webinars

Brought to you by the Wellness Council of Arizona



2020 *Series*

Are you affected by high blood pressure and poor blood sugar regulation? Do you experience shortness of breath, headache, and fatigue throughout the day? If you can relate to any of these symptoms, you may be suffering from Chronic Systematic Inflammation. While acute inflammation helps protect the body from injury and infection, chronic inflammation can leave a negative impact on the body and overall health. Luckily, chronic inflammation can be managed and reduced through simple lifestyle changes. Dr. Andrew Weil, a renowned medical doctor and best-selling author on holistic health, has found nutrition to be a key factor in preventing and managing Chronic Systematic Inflammation.

Save Your Joints with the Anti-Inflammatory Diet

Register Here

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

Date: August 12, 2020

Time: 12:00pm – 12:45pm

Los Angeles County
DEPARTMENT OF

Human Resources

