



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 MagellanAscend.com or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

