



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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THE ANTI- INFLAMMATORY DIET: *WHAT YOU CAN EAT TO FEEL BETTER*

Do you want to find a way of eating that helps you feel good and live without pain? Come learn the importance and benefits of the anti-inflammation diet. Chronic inflammation is often a root to health problems, and conditions can become better or worse depending on what we eat. Arthritis, IBS, asthma, allergies, heart disease, cancer, Alzheimer's and even diabetes all come down to inflammation — and can become better or worse depending on what a person is eating. *And these problems are not age specific – they occur in men, women, and children of all ages.*

Research has proven the anti-inflammatory diet as effective for those struggling with health issues, as well as for those who hope to improve their general health. In this seminar you will learn the benefits of an anti-inflammation diet, foods to avoid, and how to choose specific foods to help stop inflammation in your body. Not only will the diet stop inflammation, but healthy eating leads to a healthier life!

- Seminar Presenter: Carole Webb, R.N.
- FREE to all Members and Non-Members

WHEN: Wednesday, February 28th
TIME: 11:30 AM – 12:30 PM
LOCATION: FITNESS CENTER, STUDIO I

Carole Webb, R.N., is a Rheumatology Educator at Saint Alphonsus Regional Medical Center in Baker City, OR. She is a dedicated RN, with 30+ years of experience in numerous medical roles, focusing on current healthcare advancements as well as current best practices. She has a strong background in Cardiac Care, Intensive Care, Orthopedics, Family Practice, developing training and delivering training programs in growth development, diabetics, special needs, orthopedics, geriatric care and mental health to students, staff, geriatric population, community organizations and medical providers.

Questions? Contact Elissa Morrison, Health & Wellness Director