

# AUGUST NUTRITION WORKSHOP

## Topic: Best Foods to Fight Inflammation

Chronic inflammation is the root cause of many serious illnesses and chronic diseases. Learn how certain foods influence the inflammatory process.



### **Moses Campus**

**Date:** Tuesday, August 16, 2016

**Location:** 3514 DeKalb Ave., Large Conference Room

**Time:** 12:00pm - 1:00pm

### **Yonkers Campus**

**Date:** Wednesday, August 17, 2016

**Location:** 3 Executive Blvd., 2nd Floor, Care Guidance Suite, Conference Room

**Time:** 12:00pm - 1:00pm and 1:00pm - 2:00pm

**Nutrition Workshops are open to all associates! Register on the portal in advance or just drop in!**

\*Successful completion and portal registration awards you **three** raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1,000 prizes each quarter!\*