



# Basics 101: Anti-Inflammatory Diet and Lifestyle

With Marit Harney, RD

Do you suffer from common inflammatory conditions like:

- Slow to heal
- Skin conditions
- GI issues
- Poor energy/ variable energy levels
- Depression
- Foggy thinking
- Excess body fat, particularly around the middle
- High blood sugars
- Allergies

Come learn the basics of what inflammation is, the impacts it has on your body, and what you can do differently to decrease chronic inflammation. Take away *practical* information that you can put to use right away! Snacks provided and all are welcome!

**WHEN: Tuesday, October 29<sup>th</sup> at 6pm**

**WHERE: AEGIS Chiropractic and Physical Therapy (batting cage area)**

email to confirm your spot (preferred but optional): [marit@maritharney.com](mailto:marit@maritharney.com)