



THE INFLAMMATION CONNECTION



WHAT'S REALLY FUELING YOUR FATIGUE, ACHES,
WEIGHT GAIN & CHRONIC DISEASE

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Inflammation is at the root of many common health concerns—from joint pain and brain fog to weight gain, high cholesterol, diabetes, heart disease, and autoimmune conditions. Fortunately, everyday food and lifestyle choices can help calm it.

Key Takeaways

- What inflammation is and why it matters.
- Hidden lifestyle habits that silently increase inflammation.
- Foods that fight inflammation, and those that fuel it.
- The connection between inflammation, stress, sleep, movement, and chronic disease.
- Simple, sustainable strategies to reduce inflammation and improve long-term health.
- Leave with practical tools that you can use immediately to support their energy, resilience, and overall wellbeing.

DATE & TIME

September 1st or 8th
12-1pm

PLACE

ZOOM

SCAN ME



For BOCC Employees Only: This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.

