

Understanding Autoimmune Disease & Everyday Habits That Matter

LED BY NATALIA GARCIA, RDN, LDN

Learn practical, evidence-based lifestyle strategies to support your immune health, understand your body's needs, and promote long-term wellness.

What you will learn:

-  What autoimmune disease is and why it develops
-  Common early warning signs people often overlook
-  The role of nutrition, stress, sleep, movement, and environmental factors in immune health
-  Everyday habits that may help reduce inflammatory triggers
-  A live cooking demo of one featured, prep-friendly recipe

Register Here



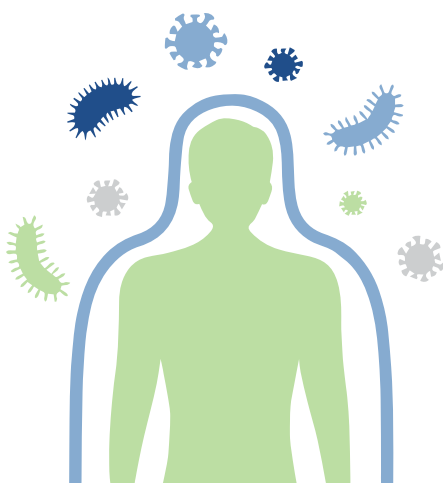
October 15 or 22



12-1PM



ZOOM



BOCC Employees: This YourChoice workshop can earn points in Manatee Thrives/ Physical wellbeing pillar