Are you interested in learning how changing your eating habits may help reduce chronic pain?

Anti-Inflammatory Diet Class

In this class you will learn how what you eat, may be increasing your chronic pain.

<u>Introductory Class to Anti-Inflammatory Diet (only need to attend one)</u>

Group Class Offerings: (Held in room 4254)

Friday, June 22 11a-12p

Friday, July 20 11a-12p

Friday, August 31 11a-12p

Friday, September 28 11a-12p

If group classes are not for you, schedule a 1:1 appointment with a dietitian.

Contact Mallory Jacobs at Ext. 13852 to schedule your appointment