GEHA

You're invited to GEHA's Fighting Inflammation Naturally webinar

Inflammation can be a friend or foe, but when it sticks around too long it can cause long term health issues. Join us as we explore the causes of inflammation and how to fight it naturally by incorporating healthy foods into an anti-inflammatory diet to keep feeling your best.

Coletta Meyer, GEHA's Health & Wellness Manager, and Emily Massi, Giant Food Stores Nutritionist, will share many helpful resources during this webinar.

Join us from your computer at 12 p.m. Eastern time on Monday, June 13.

Please register to secure your spot. If you cannot attend at the scheduled time, you can still register to receive a copy of the presentation afterward.

Register now

Feel free to forward this invitation to your colleagues. If you plan on participating from work, please use your work email address when registering. You'll receive an email confirmation of your reservation, as well as instructions for viewing and listening to the webinar via computer or mobile device. Then grab your headphones and join us on June 13 to learn how to improve your nutrition and fight inflammation naturally.

Technical assistance: Email ON24 at audience.support@on24.com

Please note: Everyone who registers will receive an email with a link to the recorded webinar along with a copy of the slides. Other questions: Email wellnesswebinars@geha.com.

Register Now: **https://event.on24.com/wcc/r/3637477/E68057A6F1D3E9C00074ED1739BD4E97?partnerref=NCSSMA**