



# Limiting Inflammation, Increasing Movement

Discover the simple steps  
you can take to reduce  
bodily inflammation and  
toxins to feel healthier in this  
webinar led by Anamaria  
Pontes, Registered Dietitian  
Nutritionist / Health Coach.

## Limiting Inflammation, Increasing Movement

**Tuesday, March 14**

**1 p.m. - 2 p.m.**

**Register Now**

**Space is limited.**

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

