EMPLOYEE ASSISTANCE PROGRAM

This month's live webinar: LEADING AN ANTI-INFLAMMATORY LIFESTYLE





Wednesday, October 11 11:00 a.m.

Leading an Anti-Inflammatory Lifestyle

- Examine the connection between diet and mood
- Define habits that promote an anti-inflammatory lifestyle
- List foods that impact inflammation



1-866-EAP-4SOC (1-866-327-4762) TTY USERS SHOULD CALL: 1-800-424-6117 eap.calhr.ca.gov ©2023 Magellan Health, Inc.

