



Florida Blue 

BetterYou

Fighting inflammation

Join us to learn more about the role of inflammation in the body – what triggers it, how it helps you heal, and when too much inflammation damages your health. We will review the causes of inflammation, and you'll take a short quiz. We will discuss lifestyle choices such as an anti-inflammatory diet and exercise, that are the best defense against chronic inflammation. You'll leave with some delicious recipes to help you stay healthy.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

Florida Blue 
Your Health Solutions Partner

To register for this event, click on the link below:

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).
ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

116812 0124