



**BlueCross BlueShield
of New Mexico**



FIGHTING INFLAMMATION WITH FOOD

Date: Monday, March 24

Time: 8:30 a.m.

[Register Here:](#)

Date: Monday, March 24

Time: 3:45 p.m.

[Register Here:](#)

We will learn about:

- The two types of inflammation
- Causes and risk factors
- Foods that can increase or decrease inflammation
- Healthier lifestyle changes that can help