



# HEALTH LECTURE: EATING TO REDUCE INFLAMMATION AND BOOST IMMUNITY

Friday  
February 24  
\$22  
City Hall,  
Multi-Purpose Room  
3-4:30pm

Participants will learn what to eat in order to help control stress, hormones and chronic pain. The lecture will include a tasting of antioxidant foods designed to reduce inflammation and boost immunity.

Register online:  
[malibucity.org/winterworkshops](http://malibucity.org/winterworkshops)

For more information:  
310.456.2489 ext. 239

