

EVENT CALENDAR

Highlands Ranch
(303) 471-9400

1265 Sgt. John Stiles Drive, Suite M
Littleton, CO80129

MAY

11

Sat
12:00pm
to
1:00pm

Inflammation 101

by Erin Pecora Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.





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