

Food & Nutrition

HOBOKEN GREEN TEAM
WELLNESS WEDNESDAYS

EAT TO MANAGE YOUR PAIN & INFLAMMATION

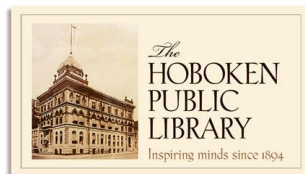


Mindful Body Nutrition



Barbara Chase MA, CNC, CGP

Do you wake up achy all over more often than not? Are muscle spasms, leg cramps or back pain becoming too frequent? Stop relying on over-the-counter medications and manage your pain with simple nutritional changes. Learn which foods cause aches and pains and which foods help to reduce inflammation.



HOW CAN YOU MANAGE
YOUR PAIN THROUGH
NUTRITION?

WHICH FOODS CAUSE
ACHES AND PAINS?

#WELLNESSWEDNESDAYS

March 21

(snow date: March 28)

6:30 PM

**HOBOKEN
PUBLIC
LIBRARY**

500 Park
Avenue

FREE!

WANT MORE INFO? Visit: www.hobokennj.gov/greenteam and www.hobokenlibrary.org or call (201) 420-2346