

## *Kaiser Permanente Health Talks*

# Lifestyle Medicine: Protective Power of Food



Our February session is all about food and how it can benefit our health!

Join **Dr. Allison Collins, DipABLM, CCMS** and **Mona Shah, RD, CNSC, DipACLM** from Kaiser Permanente Santa Clara's Lifestyle and Culinary Medicine program, where you will:

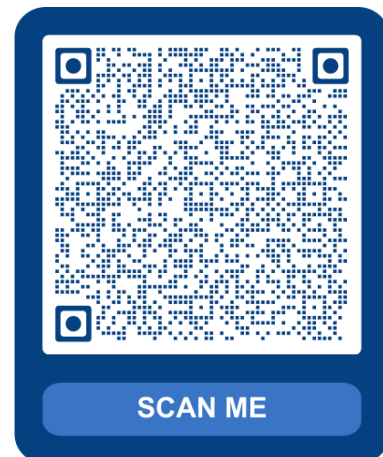
- Learn what inflammation is.
- Understand how chronic inflammation affects health.
- Discover the features of an anti-inflammatory diet.
- View a cooking demo and learn how to prepare a tasty, anti-inflammatory recipe.

**Date: Thursday, February 27, 2025**

**Time: 12:30 – 1:30 PM PST**

**Location: Microsoft Teams**

**Register: QR Code or [click here](#)**



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.