



**BlueCross BlueShield
of New Mexico**



FIGHTING INFLAMMATION

Date: July 28
Time: 8:30 a.m.
Location: Virtual
[Register Here](#)



Date: July 28
Time: 3:45 p.m.
Location: Virtual
[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