



# Taming Inflammation for Better Health in 2012

Research suggests that chronic inflammation is associated with many medical conditions, including cancer and heart disease.

Did you know that your lifestyle choices for activity, eating and stress management can have a major impact on the amount of harmful, chronic inflammation in your body?

Join us for this interactive program to learn how you can use exercise, food and stress management tools to reduce your inflammation and optimize your health. You will have the opportunity to experience the HeartMathmethod for controlling stress.

**Thursday, January 26**

**6:30 p.m.**

**Virginia G. Piper Cancer Center  
Scottsdale Healthcare Shea Medical Center**

**Free! Seating is limited.**

**Registration is required. Visit [shc.org/events](http://shc.org/events) or call 480-882-4636.**

*Virginia G. Piper Cancer Center*

