

Food as Medicine:

Nourish your body, transform your health

March is National Nutrition Month, making it the perfect time to highlight the critical role nutrition plays throughout all stages of life—from infant growth and brain development to healthier pregnancies and successful aging.

At Excellus BlueCross BlueShield, we care about the health and wellbeing of our members. That's why we invite you to join us for our upcoming webinar, "**Food as Medicine: Nourish Your Body, Transform Your Health**". This topic focuses on how the right foods—and the intentional choices we make each day—can help us thrive, not just survive.



This 45-minute session will focus on a core pillar of the Food as Medicine approach: understanding inflammation and its connection to conditions like heart disease, diabetes, arthritis, and depression.

Excellus BlueCross BlueShield Registered Dietitian **Kathryn Townsend, MS RD CDN**, will cover:

- What inflammation is
- The role of diet in inflammation
- Key components of an anti-inflammatory diet
- Practical tips for adding anti-inflammatory foods to your meals
- Additional benefits and resources offered through the health plan to support your wellbeing*

When you have the information and support you need to make healthy dietary choices, everybody benefits!

Webinar date: Thursday, March 26

Webinar time: Noon – 12:45 p.m



To register for the upcoming webinar, please scan the QR code or click **[here](#)**

Excellus 

Everybody Benefits