



## Ways to Wellness

### **“Farmacy” to Fork – 3 Hour CME Cooking Course**

February 26, 6:00 – 9:00 pm

March 26, 6:00 – 9:00 pm

#### **Ways to Wellness, Kitchen Table**

\*We are in the same building as the Woodwinds Clinic (not the hospital)

#### **Description:**

Today's patients likely know they should be reducing their intake of things like salt, deep fried foods and alcohol. They know they should be reducing or eliminating refined sugars and empty carbohydrates as all of these things can contribute to chronic inflammation and amplify the effects of common ailments. What today's patient needs to know is HOW to implement these changes for the long term, and not completely lose their passion for food. How do any of us avoid falling into the trap of looking at food as "the enemy"? Here is your chance! Join us to learn how to more effectively utilize your culinary prescription pad as we explore the wonderful world of anti-inflammatory foods.

#### **Objectives:**

- Understand what chronic inflammation is and how it can inhibit healing
- Identify dietary triggers that can promote chronic inflammation
- Be able to prescribe foods that can help to reduce inflammation
- Learn how to properly cook dishes that utilize anti-inflammatory ingredients

#### **Presenters:**

Beth Dierkhising, RD, LD  
Megan Green, RD, LD  
Chef Jeremy Reinicke

#### **Cost:**

\$129 for each 3-hour course

#### **To register:**

Mind Body Online [CLICK HERE](#) or call 651-232-1926

#### **You can use wellness dollars- here's how:**

Fill out your **Wellness Dollars Agreement Form** by clicking the link associated, or visiting the Infonet. **This CME course is not listed on the form, so you must indicate which date you wish to attend, (February 26 or March 26) and “3 hour Farmacy CME”.**

Once we've received your form, we will process it and enroll you in the class, you do not need to enroll yourself. You will get an email notifying you of your purchase AND your course enrollment. If you send in a form and do not receive a confirmation email within 3 business days, please give us a call at **651-232-1926**

*The HealthEast Care System is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.*

*The HealthEast Care System designates this live educational activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)TM.*

