

WEBINAR

wondr<sup>HEALTH</sup>

# HOW ULTRA-PROCESSED FOODS IMPACT YOUR HEALTH: PROOF THAT FOOD IS MEDICINE



**Date:** Wednesday, March 8, 2023  
**Time:** 1:00 PM ET/12:00 PM CT

Did you know that food can be one of the most powerful medicines to improve your overall health? In this “kitchen tableside chat,” Wondr Health instructor and obesity and lifestyle medicine physician, Dr. Richa Mittal, will share easy ways (and a fun recipe!) to reduce inflammation, prevent disease, and use food as a source of healing in your unique health journey—without giving up the foods you love.

## You’ll learn:

- The link between ultra-processed foods and inflammation—and why this matters for our bodies and brains
- Strategies to enjoy anti-inflammatory eating without giving up your favorite foods
- A 5-minute anti-inflammatory recipe you’ll want to use all week long

Register today at:



[do.wondrhealth.com/foodismedicine](https://do.wondrhealth.com/foodismedicine)

REGISTER



Wondr Health is a digital behavioral change program that teaches clinically-proven health habits that lead to less stress, better sleep, weight loss, and more - no restrictive diets, calorie-counting, or specialty foods required. With the Wondr program, you’ll learn to change when and how you eat, not just what you eat, so you can improve your physical and mental wellbeing while eating the foods you love.