



# 12 Tips for Boosting Your Immune System

## A free ZOOM Wellness Presentation

Join Tricia Silverman, Registered Dietitian, Wellness Coach, and Fitness Instructor, to learn how to boost your immune system and stay well! She will share a variety of practical nutrition and wellness tips to keep your mind and body functioning at its best.

- Learn how eating a rainbow array of fruits and vegetables is a simple but effective strategy for nurturing your immune system.
- Pick up helpful and practical shopping tips.
- See examples of foods to purchase.
- Find out why sugar, and stocking up on comfort foods, may work against your immune system.
- Learn meditation tips and resources to boost your immune system.
- Hear about Japanese forest-bathing, and how this technique may benefit your health.
- And more!

This program is divided into two 30-minute parts that will each run twice. There will also be a 5 to 10-minute question and answer period at the end of the program. No worries if you can only attend one part. Tricia will do a quick summary during both parts to keep everyone up to speed and you will be emailed a handout. No registration is necessary.



### 12 Tips for Immune System Part 1

**Monday March 30, 2020 at 1:00 PM**

Meeting ID: 443 188 854  
Dial by phone: +1 253 215 8782 US

Web link: <https://zoom.us/j/443188854>

**Tuesday March 31, 2020 at 4:00 PM**

Meeting ID: 286 114 088  
Dial by phone: +1 253 215 8782 US

Web link: <https://zoom.us/j/286114088>

### 12 Tips for Immune System Part 2

**Monday April 6, 2020 at 1:00 PM**

Meeting ID: 725 502 253  
Dial by phone: +1 253 215 8782 US

Web link: <https://zoom.us/j/725502253>

**Tuesday April 7, 2020 at 4:00 PM**

Meeting ID: 483 013 995  
Dial by phone: +1 301 715 8592 US

Web link: <https://zoom.us/j/483013995>