



How to Reduce Inflammation Naturally

February Webinar Buffet

Available February 1st through February 28th

When inflammation becomes chronic and systemic, it can contribute to many diseases such as obesity, heart disease, and diabetes. Join Bill Bradley, R.D. as he interviews Dr. Artemis Morris, co-author of the Anti-Inflammatory Book for Dummies about all things inflammation. Learn what things in your life are causing inflammation and how to decrease inflammation with diet, exercise and stress reduction.

Register today at MIAWinners.org
See page 2 for complete registration instructions

Each month you must:

- Watch the entire webinar
- Answer 3 quiz questions about the webinar - you don't have to get them right
- Leave a comment about your strongest take-away from the webinar
- Complete the above before the end of each month - no back-tracking!

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MIIA 
Well Aware
Work Well. Live Well.

This is a FREE PROGRAM open to all MIIA Webinar Buffet employees and their spouses.

MIIA Webinar Buffet



Complete 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card! Only MIIA/BCBS subscribers are eligible for a reward.

Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:**
Log in first, then follow instructions to enroll in this new program.
If you DON'T have a MIIA Winners account:
Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: Buffet2021 (case sensitive)
4. Fill out the registration form.
5. Once you have registered, you may access the program.