



Food is Medicine Education Series

Anti-Inflammatory Foods that Heal

January 22nd from 6:00-8:00pm

Location: Cabarrus Health Alliance, 300 Mooresville Road, Kannapolis, 28081

Many major diseases that plague us—including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's —have been linked to chronic inflammation. One of the best ways to reduce inflammation lies not in the medicine cabinet, but in the refrigerator. Join **Grace Galloway** to learn more about the healing foods she prepares from her garden to her table.

RSVP to Jenn West: 704-920-1337 or Jennifer.west@cabarrushealth.org



Grace Galloway has been in the field of healthcare for more than 40 years and is currently a Nurse Practitioner for the Concord Community Free Clinic. She has incorporated lifestyle changes, herbs, organic foods and advice from her grandmother who used roots, plants, nuts and spices in daily family meals. When anyone got sick in the household, grandmother would whip up a concoction of herbs, spices and soup broth. It is grandmother's recipes and teachings that are reflected in the good food that comes from Grace's garden to the table.



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