

# Eating for Recovery and Optimal Performance

*Research shows that eating foods with anti-inflammatory properties can help muscles better recover from activity and improve performance. In this presentation, you'll learn what balanced, anti-inflammatory eating looks like, how to easily incorporate it into your habits, and how it will positively impact your athletic performance.*



Presented by:  
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**Time: 7:00PM-8:00PM**

**Virtual via Zoom:**

- URL: <https://zoom.us/j/99816712169>
- Phone number: 1-669-900-6833
- Zoom Meeting ID number: 99816712169

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