

Put out the Fire: Reducing Inflammation with Food

Lecture by Liz Lipski, PhD, CCN, CHN & Cooking Concepts by Chef Ryan Hutmacher

- Learn the anti-inflammatory and anti-pain benefits of specific foods and herbs
- Learn about an elimination diet to identify dietary factors influencing your health
- Get anti-inflammatory cooking tips from Chef Ryan of Centered Chef Food Studios

Thursday, November 12
7pm Meet & Greet, Lecture 7:30pm

Skokie Theatre, 7924 Lincoln Avenue, Skokie, IL
Free for ANA Members & Guests of Centered Chef
Reserve in advance to ensure a seat, call 708-246-FOOD (3663)

PLUS: Meet Chef Ryan Hutmacher & Chef Jill Houk of Centered Chef



Liz Lipski, PhD, CCN, CHN, is board certified in Clinical Nutrition & Holistic Nutrition & the author of *Digestive Wellness*, *Digestive Wellness for Children*, and *Leaky Gut Syndrome*. She's the Director of Doctoral Studies at Hawthorn Univ. She's the founder of Access to Health Experts and in private practice in Asheville, NC.

Lecture Sponsored by Centered Chef Food Studios

Cooking Class: Reducing Inflammation with Food

With Chef Ryan Hutmacher & Chef Jill Houk of Centered Chef Food Studios

Wednesday, January 13, 5:30 - 7:30pm

Macy's Culinary Studio, 111 N. State, Chicago, IL

Class Fee: \$80

\$10 off admission for ANA members

Reserve in advance to ensure a seat, call 312-226-CHEF (2433)



Chef Ryan & Chef Jill of Centered Chef Food Studios believe in inspiring others to achieve individualized wellness by advocating innovative solutions that fuse culinary arts and nutrition. They offer catering, counseling, classes and more.



You'll work closely with trained chefs, learning how to create delicious and nourishing meals that reduce inflammation and promote wellness. Utensils & food provided and you'll end the class enjoying the foods you created! You'll go home with great-tasting ideas, Centered Chef Food Studio recipes and more.

