

JAN 2021



HelpNet webinar

# WHAT STRESS & DIET HAVE IN COMMON

Stress, inflammation and diet have an interesting relationship. Learn how to differentiate between normal and chronic stress and uncover the effects of chronic stress on hormones (and thus on body weight). You'll also learn what nutrients your body needs when you are "stressed out" and some helpful stress management strategies.

**AVAILABLE ON DEMAND STARTING JANUARY 1**

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