



WISH NUTRITION GROUP (CLACKAMAS)

ONGOING

Facilitator:
Lilia Peng, ND

Dr. Lilia Peng is a licensed naturopathic physician. She believes that health is freedom and healthcare is a human right. She enjoys empowering patients to take ownership of their own health and improve well-being.

Fee:

This group is billed under your WISH Authorization.

To Register:

To Register: Call us (503-722-6277) or ask Quest Staff at the Front Desk for assistance.

Tuesdays 10:30am - 11:30am

WISH NUTRITION:

Did you know that what you eat can affect chronic pain?

This group talk series will teach you how food choices impact chronic pain. We will discuss basic nutrition principles, how food affects inflammation and pain pathways, food sensitivities and the anti-inflammatory diet, and how and what to eat.

Each week there will be a topic to expand your knowledge of how nutrition affects chronic pain and take-home handouts to guide you in making healthy food choices that help to decrease pain.

BE WELL - BE YOU

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