



Information Release
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REGISTRATION EXTENDED FOR IMAGINE™ DIETARY MANAGEMENT AND COUNSELING COURSE EXTENDED

Registration for the IMAGINE™ (Inflammation ManaGement INtErvention) year-long program, developed by Connecting Health Innovations (CHI), has been extended through April 28th. IMAGINE™, is based on the work of Dr. James R. Hébert, one of the world's leading authorities of dietary inflammation and creator of the Dietary Inflammatory Index (DII)™.

IMAGINE™ is a 1-year program which consists of 12 fun and informative monthly classroom sessions, complimented by online content and monthly “booster” sessions which are offered after the core classes end in July. All classes are led by trained health professionals and provide individuals with the knowledge and tools to improve their diet by consuming more anti-inflammatory foods. Participants will receive culinary sessions, physical activity exercises, stress reduction practice, and one-on-one support with Chi counselors.

Maintaining an anti-inflammatory diet is important because scientific evidence links inflammatory diets to many diseases that cause disability and death in the United States, including diabetes, many forms of cancer, and certain cardiac conditions. For this reason, consuming more anti-inflammatory foods reduces inflammation in the body which results in increased energy and a healthier overall lifestyle. Anyone in the Columbia, SC area who suffers from sore joints, cardiovascular issues, diabetes or other chronic issues can benefit. When you consider the cost averages out to just \$50.00 per class, not including the extra booster sessions that will be offered, IMAGINE™ is a great investment in your lifestyle and health!

- **Dates: May 2nd - July 25th** (No class on July 4th)
All class participants are also eligible to attend free monthly booster support sessions starting in August!
- **Day of the week: Tuesdays**
- **Time: 5:30pm – 7:00pm**
- **Location: Columbia's Cooking**
915 Greene Street, Columbia, SC 29208
(First floor, Rm. 101, in the Discovery Building of the Innovista at the University of South Carolina)
- **Cost: \$600**
Due in one lump-sum payment by April 28th or use our Easy Payment Plan!

Registration can be made directly on the web at: www.imaginehealthy.org.

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