

# PREVENTING AND MANAGING AUTOIMMUNE DISEASES

July 18, 2023

Noon – 1:00 pm

Virtual Session  
Microsoft Teams

#### About Your Session:

There are over 50 million Americans living with at least one autoimmune disease. According to the National Institutes of Health, the actual number is rising. In this health talk session, attendees will learn about autoimmune diseases — the different types, steps to reduce risks of autoimmunity, and symptom management. The cause of autoimmune diseases are unknown, but they occur anywhere in the body. While not 100% preventable, lifestyle choices can reduce our chances of developing an autoimmune disease. From a healthier diet to better sleep, your choices have power!



#### Registration Options:

Register online at <https://bit.ly/OakFit-Autoimmune>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at [hunt@d@oakgov.com](mailto:hunt@d@oakgov.com) • (248) 858-5473



#### Meet Your Speaker:

Shannon Dolan is a Nutritional Therapy Practitioner and Health Coach who is on a mission to make the world a healthier place through the power of a real, whole foods diet. After earning her Bachelors of Science in Applied Nutrition from the University of Delaware, Shannon became a certified personal trainer and worked at Congressional Country Club in Bethesda, Maryland before moving to Austin, Texas. From there she continued her passion of health and fitness by coaching many clients through exercise programming.

While growing her career Shannon also suffered from body image issues. Through her quest to achieve the “perfect body” she let her own health deteriorate. That is when the Nutritional Therapy Association came into her life. Through these personal and professional experiences Shannon is on a mission to help MILLIONS.