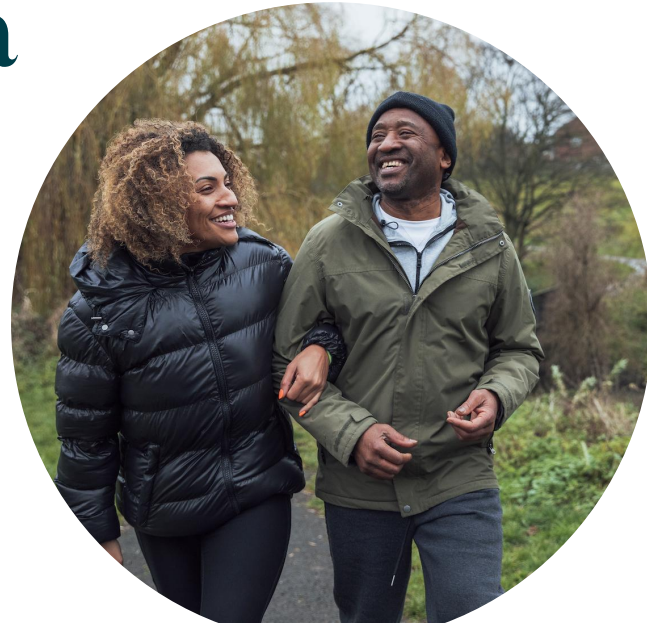


# Foods that Fuel Immunity Webinar with Omada

**October 18 at 4:30 p.m. ET**

Join Omada to discuss how some of our food choices can help support both our immune health and overall health.

With Omada®, you'll have help to create healthy habits to manage both conditions and improve your overall health.



**Let's build your knowledge of foods that are essential for the immune system:**

- 1 Vitamin A
- 2 Vitamin C
- 3 Vitamin D
- 4 Zinc

I love having  
Omada in my corner...  
I am learning to eat, move  
and breathe... I am unstuck.  
I see beauty again.

—  
MYRA JO,  
OMADA MEMBER