

**JULY
2026**



**IMMUNE
BOOST**

MLE LIVE MONTHLY WEBINAR SERIES

UNDERSTANDING YOUR IMMUNE SYSTEM

DATE: 7/08/2026

TIME: 1:30PM TO 2:30PM EST

The immune system is a complex and intricate network that plays a vital role in healing our bodies and alerting us to injury or infection. In this informative seminar, participants will discover how the immune system functions and learn effective strategies to optimize its performance while keeping the lymphatic system flowing smoothly. Attendees will leave equipped with valuable resources to reduce chronic inflammation, mitigate the impact of viruses, and understand the crucial roles that nutrition, exercise, sleep, and stress management play in supporting a healthy immune system. Join us to empower yourself with knowledge and tools for better health!

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