



Manage Your Health Series

Dietary Prevention and Management Strategies for Autoimmunity

Presented by [Cincinnati Sports Club](#) and [TriHealth](#)

Wednesday, July 27, 6 p.m.

Registration: [Dietary Prevention and Management Strategies for Autoimmunity \(signupgenius.com\)](http://signupgenius.com)

Recent research points to the impact one's diet can have on preventing or effectively managing various autoimmune diseases. Learn more from Registered Dietitian Candace Winterbauer, who will review popular autoimmune diets, including Mediterranean, gluten-free, paleolithic, and the Autoimmune Protocol Diet.

Participants may attend in-person at the [Cincinnati Sports Club](#), located at 3950 Red Bank Rd., or join us virtually via a webinar link emailed prior to the program.



Candace Winterbauer, RD, LD
Registered Dietitian, TriHealth Corporate Health

Since beginning her dietetics career, Candace has found the most rewarding part of the profession to be watching clients succeed with their health goals. With a background in Chemistry, she worked five years in the food and beverage industry, later earning her Master of Science in Nutrition and Physical Performance from Saint Louis University. Today, Candace enjoys assisting individuals in improving their quality of life through nutritional education as a registered dietitian with TriHealth Corporate Health.