

# Health & Wellness

JANUARY 2016

A SPECIAL SUPPLEMENT TO  
**Cottage Grove  
Sentinel**

## Friendly Foods

Ingredients that help fight inflammation

## Dinnertime Discipline

Easy tricks to eat less

This section  
is also  
available  
ONLINE!

[www.cgsentinel.com](http://www.cgsentinel.com)

**Avoid  
Unhealthy  
Habits**  
At the office