A trim midsection is good for many things, like fitting into your favorite jeans or walking the beach in a swimsuit with confidence. But there are even better reasons for individuals to work off extra baggage around their midsection. That baggage, known as visceral fat, can be dangerous. It secretes proteins that can trigger chronic inflammation, putting individuals at risk for heart disease, diabetes, and even cancer. The good news: Getting rid of belly fat is simpler than people might think. In this 2-hour workshop participants will learn how to fight fat with food; how to fire up metabolism, triggering one’s natural calorie-burning machine; and how to prepare simple recipes using foods that fight fat.