Anti-Inflammatory Living Webinar

Inflammation is the body's natural immune system response to protect itself against injury, infection, or harmful stimuli. While short-term inflammation is essential for survival and healing, chronic inflammation is harmful and actively damages healthy cells, tissues, and organs. Left unchecked, it plays a major role in the development of serious, long-term health conditions. Learn simple nutrition and lifestyle tips to help lower chronic inflammation, boost immunity, and improve overall health.

When: Wednesday, December 16, 2026
Time: 5:00 p.m.

To register for this webinar, email Well Aware and request the log-in information and recipes.

Be sure to check out upcoming wellness programs, classes, and resources on the Well Aware News web page and in the Well Aware Wellness Toolbox.