PROGRAMS FOR FALL 2018

WellCats Educational Series: Metabolism 101

What it Is, What it Isn’t, and Why it’s not Broken!
Rev up! Supercharge! Kickstart!

According to those touting the latest supplements and diets, it would appear that our metabolisms are in dire need of some help. But what exactly is metabolism? How does food or exercise or a combination of both affect it? Can you really take steps to manipulate your metabolism? What about the link between metabolism and chronic illness?

In this WellCats Educational Series presentation, we will share the science of metabolism, answer the above questions, and fill in the gaps that supplement companies and diet gurus leave out. We’ll see you there!