WellCats Educational Series: The Basics of Inflammation

Inflammation can have a big impact on your overall health and wellness – but what exactly is it and what causes it? We will explore these and other questions in this month’s WellCats Education Series workshop.

The Basics of Inflammation workshop will define inflammation and address its common causes and symptoms. We will explore the differences between acute and chronic inflammation and their functions in the body. Additionally we will discuss tips for reducing unnecessary inflammation by addressing diet and lifestyle factors.

Get a better understanding of how inflammation affects your health and provides insight about what is happening inside your body. We hope to see you there!