

# 2026 Well-being Webinar Series



**Wednesday**  
**June 17**  
**Noon**

## The Silent Storm: Spotting Metabolic Syndrome Early

Metabolic syndrome is often called a “silent storm,” you don’t feel it brewing until it hits hard with diabetes, heart disease, or stroke. By the time symptoms show, the damage is often already advanced. Join us as we unpack the science behind why high blood pressure, elevated blood sugar, abnormal cholesterol, and extra weight around the waist quietly fuel inflammation and vascular damage long before you notice them. More importantly, we’ll highlight the power of early detection through regular screenings and simple at-home checks, while exploring holistic prevention strategies: balanced nutrition, restorative sleep, daily movement, stress reduction, and even social connection.

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Our webinars provide practical guidance to support your well-being and help you achieve better health.