

# 2026 Wellness Webinar Series



**Wednesday**  
**March 18**  
**Noon**

## The Inflammation Situation: Cooling the Chronic Burn

Feeling run-down, foggy, or just “off”? Chronic inflammation might be the culprit. Join us for a down-to-earth talk on how inflammation starts, why it sticks around, and the practical steps you can take to quiet it. From foods that fight fire to habits that heal, you’ll walk away with tools to help your body recover, repair, and thrive.

 **REGISTER HERE** for webinar series.

Or copy and paste this URL into your browser: [https://phs-org-corp.zoom.us/webinar/register/WN\\_yke6L20jTRu8mXDhx8luTg](https://phs-org-corp.zoom.us/webinar/register/WN_yke6L20jTRu8mXDhx8luTg)  
**Earn points on Wellness at Work after watching the webinar or recording.**



The  
Solutions  
Group

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