

Metabolic Syndrome: Lifestyle Approaches for Prevention and Management

Metabolic syndrome is a combination of conditions that raise the risk of heart disease, stroke and type 2 diabetes. This session offers practical, science-based guidance to help you take proactive steps toward prevention and better overall health.

Join us and learn how to:

- Understand what metabolic syndrome is and how it is diagnosed
- Recognize common risk factors and early warning signs
- Learn simple, actionable lifestyle steps to reduce your risk



Virtual Presentation

Date: Monday, August 31

Time: 3-4 p.m.

[Click to Register Now on Webex](#)
or scan the QR code



Healthy Reward Points:

Earn 5 Healthy Reward points for attending. Participants must register and attend via Webex for points to be awarded.



Questions? Contact Workforce
Health at 414-777-3410

Monday-Friday: 7:30 a.m.-4:30 p.m.



Workforce Health