



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020 WEBINARS *(click on links to register)*

January 8	January 22	February 12
<u>Working with Difficult People</u>	<u>Cervical Cancer: Taking Preventative Steps & Staying Informed</u>	<u>When I Awake, I Will Feel Great: Sleeping Better</u>
February 26	March 11	April 8
<u>Healing Foods & Natural Remedies</u>	<u>Mindfulness: Take a Breath Break</u>	<u>Trust Your Gut: Managing Digestive Issues and Irritable Bowel Syndrome</u>
May 13	May 27	June 10
<u>Aging with Grace: Men & Women's Health for All Ages</u>	<u>Building Self-Confidence for Better Health</u>	<u>Aging Parents: Finding the Right Care</u>
July 8	August 12	September 9
<u>Exercising for Busy Bodies: Mini Workouts Save the Day!</u>	<u>Save Your Joints with the Anti-Inflammatory Diet</u>	<u>Beating Back Pain: Posture & Ergonomics to the Rescue</u>
October 14	October 28	November 18
<u>Sandwich Generation: Balancing Kids & Parents Needs</u>	<u>Reading Between the Lines: Interpreting Food Labels and Portion Recommendations</u>	<u>Reversing Prediabetes: You Can Do It!</u>
December 9	Want to view recorded webinars from 2019's listing?	
<u>Beating Burnout and the Holiday Doldrums</u>	Please click on the following link: https://eims.uhc.com/cola Previous webinar recordings can be found under the "Wellness" page.	

Los Angeles County
DEPARTMENT OF

Human Resources

