



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



Discover what you can do to ensure your heart health! Everything from sodium intake and blood pressure to fiber and exercise, learn what steps you can take to reduce your risk of developing heart disease.

The Beat Goes On: How to Keep Your Heart Healthy

Register Here

Participant will receive a confirmation email with the attendee link and call in number upon registration.

Date: February 13, 2019

Time: 12:00pm – 12:45pm