LA COUNTY Wellness Webinars

Brought to you by the Wellness Council of Arizona

Exercise for Busy Bodies

Exercise and stretching tips for both in and outside of the workplace. Understand the importance of regular physical activity and discover ways you can incorporate physical activity into your day.

Register Here

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

Date: March 13, 2019

Time: 12:00pm – 12:45pm

DHR Department of Human Resources

UnitedHealthcare