



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



Attend this webinar to learn about self-confidence, what factors influence self-confidence and how self-confidence/self-esteem affect your health.

Building Self-Confidence for Better Health

Register Here

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

Date: April 10, 2019

Time: 12:00pm – 12:45pm