



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



Tips on how to motivate yourself to work to your best ability. It is hard to keep yourself motivated during hard times or when life becomes challenging. Fortunately, we can focus our energy to set specific goals and work at achieving these goals.

## Finding Your Motivation

### Register Here

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

**Date: September 18, 2019**

**Time: 12:00pm – 12:45pm**