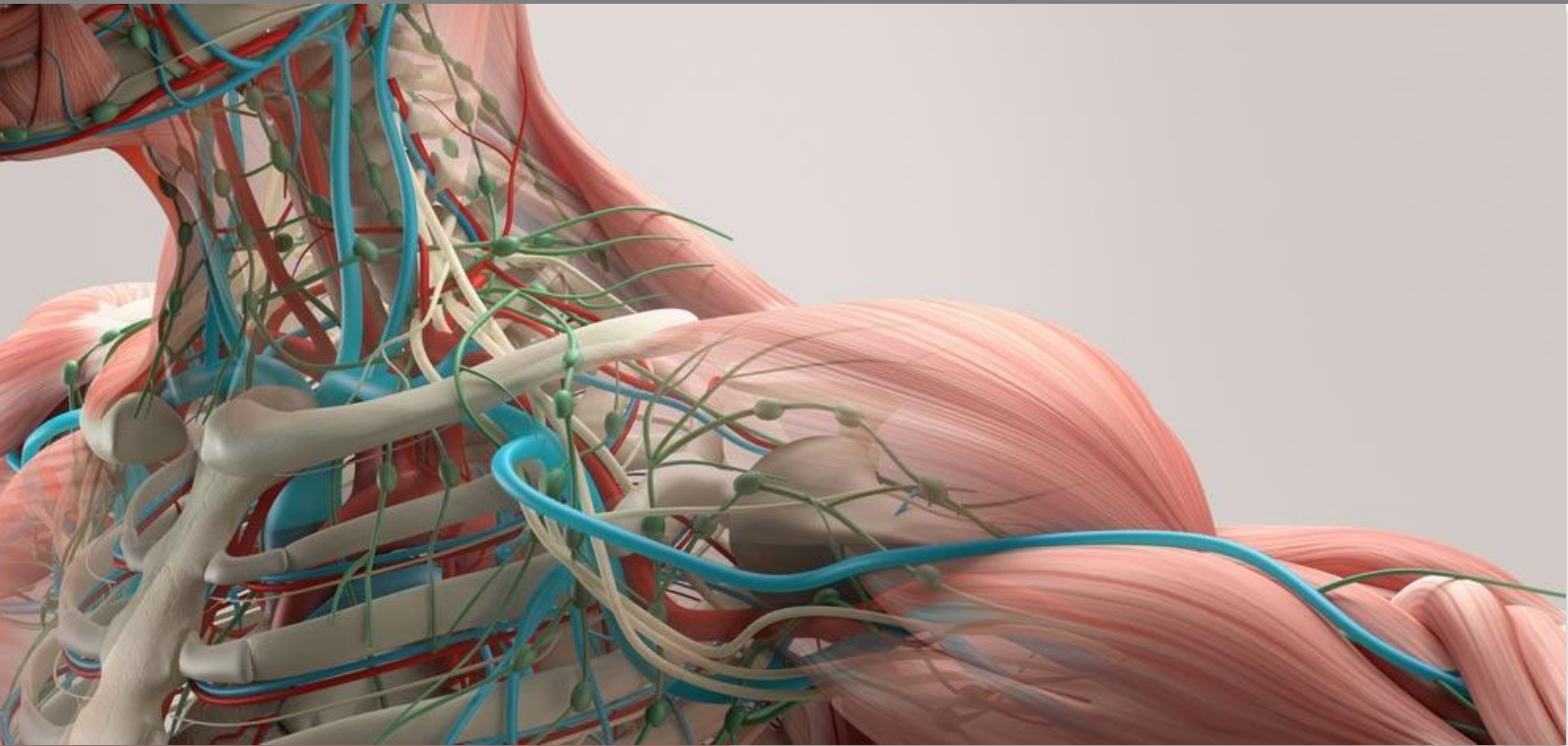




LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



How much do you really know about your body? Learn the basics about your cells and organs. Discover the purposes and interesting facts of the circulatory system, digestive system, skeletal system and muscular system. Which vitamins and minerals affect these systems and what are some tips to keep these systems healthy and in top shape? Review recommendations on macronutrients (protein, fat, and carbohydrates) as well as oxygen and water.

All Systems Go: Understanding the Human Body

Register Here

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

Date: October 9, 2019

Time: 12:00pm – 12:45pm