



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



Attend this workshop to learn how your choices can affect your overall health and well-being when it comes to nutrition and handling stress. Learn foods that have been identified as having influences on the body's energy levels. Also learn about how caffeine affects stress and your nutrition.

How Stress & Nutrition Affect Your Health

Register Here

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

Date: November 6, 2019

Time: 12:00pm – 12:45pm