



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



Is holiday season so hectic you forget to take care of your body? Discover 10 ways you can squeeze a workout into your schedule. Also, learn the three golden rules to holiday eating and how to manage added stress.

Socialize Without Sabotage Keeping Healthy Through the Holidays

Register Here

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

Date: December 4, 2019

Time: 12:00pm – 12:45pm