



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020 Series

Attend this workshop to learn approaches to enhance sleep and rejuvenation. Sleep preparation, environment, sleeping surfaces, exercise, mental engagement along with approaches to enhance relaxing the mind are all offered.

When I Awake I Will Feel Great: Sleeping Better

Register Here

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

Date: February 12, 2020

Time: 12:00pm – 12:45pm

Los Angeles County
DEPARTMENT OF

Human Resources

