



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



# 2020 *Series*

Exercise and stretching tips for both in and outside of the workplace. Understand the importance of regular physical activity and discover ways you can incorporate physical activity into your day.

### Exercising for Busy Bodies: Mini Workouts Save the Day!

### Register Here

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

### Date: July 8, 2020

### Time: 12:00pm – 12:45pm

Los Angeles County  
DEPARTMENT OF

## Human Resources

