



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020

Series

Attend this workshop to discover how to better live with or prevent diabetes. Learn approaches to nutrition, physical activity, stress management and self-care in relation to diabetes.

Reversing Prediabetes: You Can Do It!

Register Here

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

Date: November 18, 2020

Time: 12:00pm – 12:45pm

Los Angeles County
DEPARTMENT OF

Human Resources

