



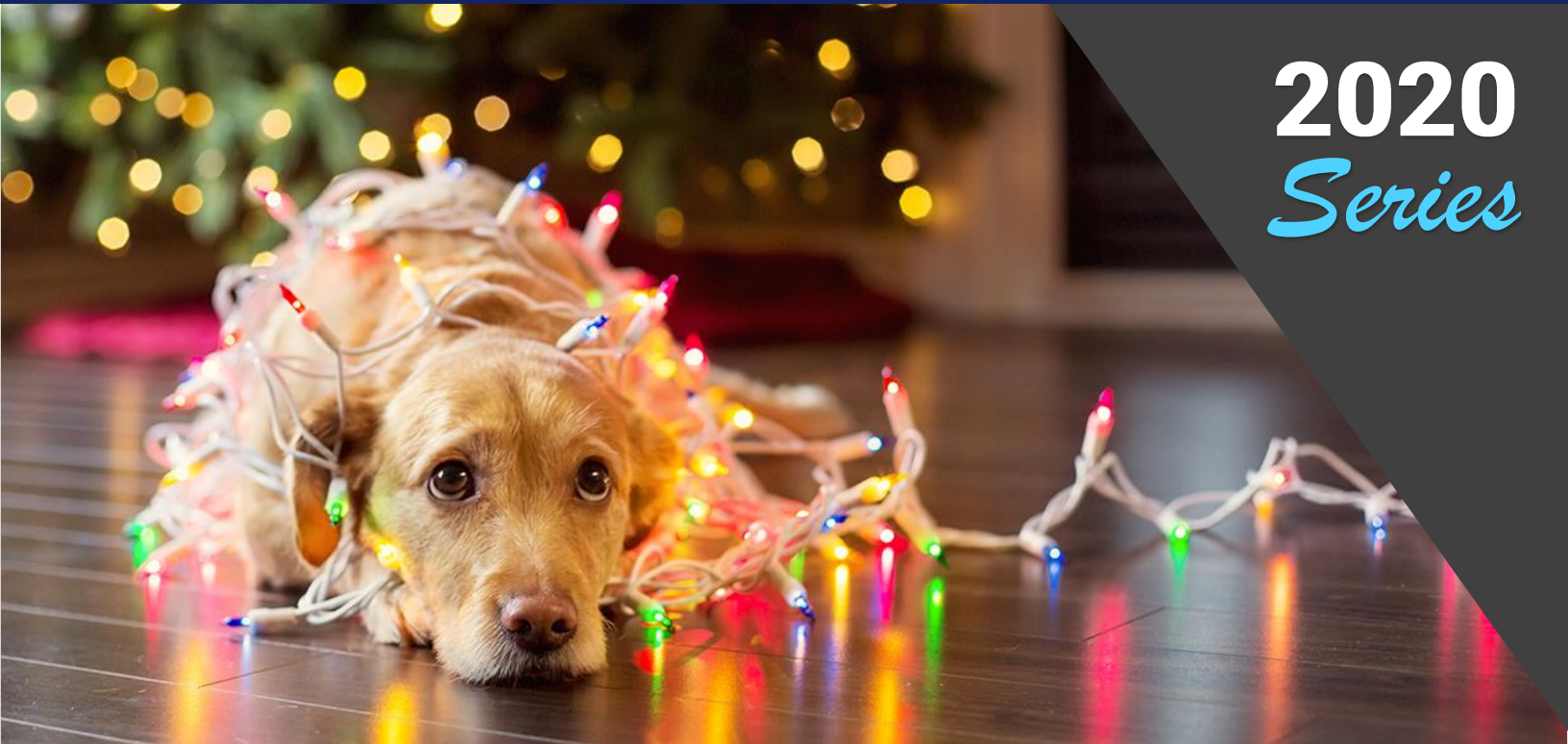
# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



**2020**  
*Series*



Have you experienced the signs and symptoms of burnout at some time in your life? How about during the holidays? Learn strategies for avoiding the everyday risk of falling into the doldrums. Making diverse choices in lifestyle, health, recreation, social activities, work and family can keep us stimulated and motivated in life especially during the holidays.

### Beating Burnout and the Holiday Doldrums

#### Register Here

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

**Date: December 9, 2020**  
**Time: 12:00pm – 12:45pm**

Los Angeles County  
DEPARTMENT OF

**Human Resources**

