



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



How much do you really know about the newest weight loss fads? Discover the negative side effects of many popular diets. Learn how to combine nutrition and exercise to optimize your health.

## A New Approach to Nutrition

### Register Here

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

**Date: February 6, 2019**

**Time: 12:00pm – 12:45pm**