



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



Do you ever feel like you're juggling your life with work, home, family, and other commitments? Living like this can contribute to high levels of stress. Attend this workshop to learn how to manage your work/life balance. Learn tips to address exercise, nutrition, self-care, and stress management to get your life in balance.

Ultimate Balancing Act: A Healthy Work/Life Balance

Register Here

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

Date: June 5, 2019

Time: 12:00pm – 12:45pm