



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



Do you ever get into an afternoon slump? We all need a pick me up sometimes. Attend this presentation to learn healthy instant energizers to recharge your body and mind.

### Instant Energizers:

Fatigue Busting Tips to Boost Your Energy

#### Register Here

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

**Date: July 17, 2019**

**Time: 12:00pm – 12:45pm**