



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



Sometimes, diet and exercise aren't the only components of overall fitness you need to worry about. Attend this workshop to learn how to incorporate Physical Intellectual, Emotional, Community, Environmental and Spiritual PIECES of fitness into your everyday work schedule to help manage stress.

Managing Stress with Workplace Fitness: Moving Beyond Diet & Exercise

Register Here

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

Date: August 28, 2019

Time: 12:00pm – 12:45pm