



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020 Series

Exercise and stretching tips for both in and outside of the workplace. Understand the importance of regular physical activity and discover ways you can incorporate physical activity into your day.

Exercising for Busy Bodies: Mini Workouts Save the Day!

Register Here

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

Date: July 8, 2020

Time: 12:00pm – 12:45pm

Los Angeles County
DEPARTMENT OF

Human Resources

