



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



# 2020

## Series

Attend this workshop to discover how to better live with or prevent diabetes. Learn approaches to nutrition, physical activity, stress management and self-care in relation to diabetes.

### Reversing Prediabetes: You Can Do It!

#### Register Here

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

**Date: November 18, 2020**

**Time: 12:00pm – 12:45pm**

Los Angeles County  
DEPARTMENT OF

**Human Resources**

