

# 2021 WORKPLACE AND COMMUNITY PROGRAMS New Year: Goal, Plan, Action Webinar Series



JOIN US FOR A LIVE WEBINAR

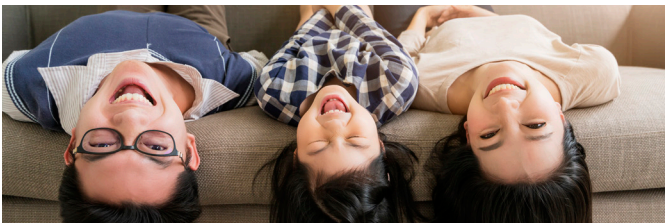
[REGISTER HERE](#)  
or Scan QR Code



FEBRUARY 10 • 12 PM TO 1 PM

## Ways to Boost Happiness in Everyday Life

What does it mean to be happy, how do we cultivate it, and maintain our sense of happiness? Join us as we explore how to define happiness in your life and ways to boost happiness in your everyday living through laughter, nutrition, exercise, and more!



For all Workplace and Community Programs employee offerings [click here](#).

Brought to you by  **UnitedHealthcare**



Los Angeles  
County  
**Human Resources**  
YOUR CAREER STARTS HERE.