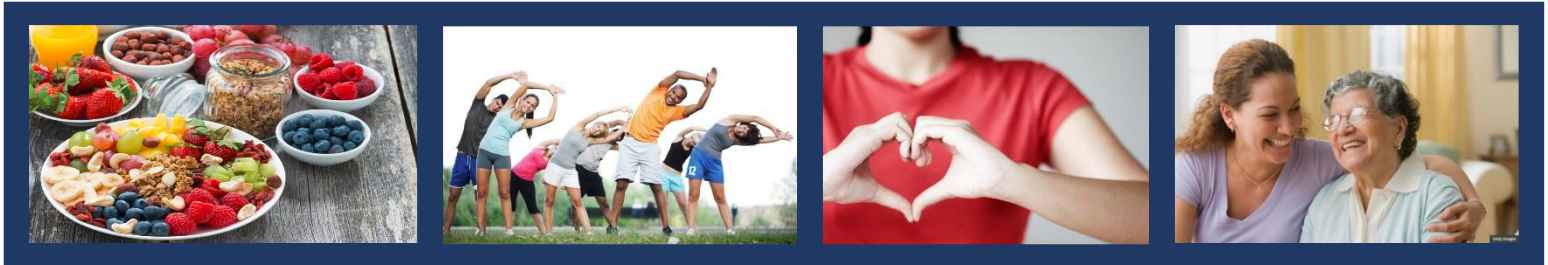




# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



### 2019 WEBINARS *(click on links to register)*

January 16	February 6	February 13
<a href="#"><u>Spread Thin: The Sandwich Generation</u></a>	<a href="#"><u>A New Approach to Nutrition</u></a>	<a href="#"><u>The Beat Goes On: How to Keep Your Heart Healthy</u></a>
March 13	April 10	May 8
<a href="#"><u>Exercise for Busy Bodies</u></a>	<a href="#"><u>Building Self-Confidence for Better Health</u></a>	<a href="#"><u>Ageing Parents: Finding the Right Care</u></a>
May 22	June 5	July 17
<a href="#"><u>Men's and Women's Health Enhancement &amp; Disease Prevention</u></a>	<a href="#"><u>Ultimate Balancing Act: A Healthy Work/Life Balance</u></a>	<a href="#"><u>Instant Energizers: Fatigue Busting Tips to Boost Your Energy</u></a>
August 14	August 28	September 18
<a href="#"><u>Working with Difficult People</u></a>	<a href="#"><u>Managing Stress with Workplace Fitness: Moving Beyond Diet &amp; Exercise</u></a>	<a href="#"><u>Finding Your Motivation</u></a>
October 9	October 23	November 6
<a href="#"><u>All Systems Go: Understanding the Human Body</u></a>	<a href="#"><u>Understanding Cancers from A to Z</u></a>	<a href="#"><u>How Stress &amp; Nutrition Affect Your Health</u></a>
December 4		
<a href="#"><u>Socialize Without Sabotage: Keeping Healthy Through the Holidays</u></a>		