



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



### 2020 WEBINARS *(click on links to register)*

January 8	January 22	February 12
<a href="#"><u>Working with Difficult People</u></a>	<a href="#"><u>Cervical Cancer: Taking Preventative Steps &amp; Staying Informed</u></a>	<a href="#"><u>When I Awake, I Will Feel Great: Sleeping Better</u></a>
February 26	March 11	April 8
<a href="#"><u>Healing Foods &amp; Natural Remedies</u></a>	<a href="#"><u>Mindfulness: Take a Breath Break</u></a>	<a href="#"><u>Trust Your Gut: Managing Digestive Issues and Irritable Bowel Syndrome</u></a>
May 13	May 27	June 10
<a href="#"><u>Aging with Grace: Men &amp; Women's Health for All Ages</u></a>	<a href="#"><u>Building Self-Confidence for Better Health</u></a>	<a href="#"><u>Aging Parents: Finding the Right Care</u></a>
July 8	August 12	September 9
<a href="#"><u>Exercising for Busy Bodies: Mini Workouts Save the Day!</u></a>	<a href="#"><u>Save Your Joints with the Anti-Inflammatory Diet</u></a>	<a href="#"><u>Beating Back Pain: Posture &amp; Ergonomics to the Rescue</u></a>
October 14	October 28	November 18
<a href="#"><u>Sandwich Generation: Balancing Kids &amp; Parents Needs</u></a>	<a href="#"><u>Reading Between the Lines: Interpreting Food Labels and Portion Recommendations</u></a>	<a href="#"><u>Reversing Prediabetes: You Can Do It!</u></a>
December 9	<b>Want to view recorded webinars from 2019's listing?</b>	
<a href="#"><u>Beating Burnout and the Holiday Doldrums</u></a>	Please click on the following link: <a href="https://eims.uhc.com/cola">https://eims.uhc.com/cola</a> Previous webinar recordings can be found under the "Wellness" page.	

Los Angeles County  
DEPARTMENT OF

**Human Resources**

