



WHEN I AWAKE, I WILL FEEL GREAT

Attend this workshop to learn approaches to enhance sleep and rejuvenation. Sleep preparation, environment, sleeping surfaces, exercise, mental engagement along with approaches to enhance relaxing the mind are all offered.

Date: October 15, 2020

Time: 12:00 - 1:00 pm

Presenter: Ericka Brian

10 Points for Attending!

Register Here

To register, please include your full first and last name followed by your EIN Number (in the same box as your last name), your Pima County email address, and work phone number. If you use a different email, you may not receive points.

If you are unable to register in time, please view the webinar here
<https://webinar.anymeeting.com/490-840-798>



Questions? Contact welness@pima.gov



Per Administrative Procedure 23-30, employees are encouraged to attend Employee Benefits and Wellness programs, events and activities. Employees may be allowed to flex their time, where needed, and/or, at the discretion of the appointing authority, may be allowed a maximum of eight (8) BeWell hours of paid work time per fiscal year to attend these activities.