



EAT THIS, NOT THAT *Holiday Edition*

The holiday seasons often come with an abundance of food, and it can be a hard time to eat healthy. This workshop will offer great insights on how to make better food choices when all the holiday goodies are so near.

Date: November 24, 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/206-477-670>

Questions? Contact wellness@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.