

# Health & Wellness

Join us for an in-person training session!

## Learn About



**Resources:** Explore the County website, virtual bookshelf, informational videos & more



**Programs:** Flexible Spending, virtual health, virtual physical therapy, diabetes management, and surgery benefits



**Wellness Incentive:** Up to \$500 off your 2025 health care premiums! Make your wellbeing a priority.



**Employee Assistance Program:** Mental health, financial health, legal health, & more

**Click your preferred date below to register:**

**Tuesday, July 30 9:30-11:30:** Fort Bragg Library Community Room

**Tuesday, August 13 9:30-11:30:** Willits, WISC Atlantic Room

**Thursday, September 26 1-3pm:** Ukiah, Board of Supervisors Chambers



All attendees will be entered in a drawing for an Amazon gift card!

### Questions? Contact Us.

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