

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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