



GIVE
Your Health
a **BOOST!**

HEALTHY EATING FOR HEALTHY LIVING



Worksite program

Successful weight loss requires more than just cutting calories. Attend this workshop and learn about making healthier food choices, how to read food labels, getting started on an exercise program and much more!

LOCATION

Ontario TAD
Dorothy Rowe Room
1637 East Holt Boulevard, Second Floor
Ontario

DATE

11/25/09

TIME

9:30 to 11:30 am

CLASS ID

27844

TO REGISTER

- Take advantage of the PERC web-based registration system at <http://countyline/perc>, click on "PERC e-Learning" and follow the simple steps to enroll in the class ("All Classes" selection; search word "eating"); OR
- Call the registration system at (909) 388-4110

This 2-hour wellness class may be attended on County regular time with your supervisor's approval.

No Education Assistance Proposal (EAP) is required for this class.

FOR MORE INFORMATION

- Visit the My Health Matters! webpage at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Contact your Department Wellness Advocate, see a directory at www.sbcounty.gov/hr/Benefits_MyHlth.aspx
- Email the Employee Benefits and Services Division at mhm@hr.sbcounty.gov or call us at (909) 387-5787

