

# Arrow Community Wellness Series

## Work Healthy • Live Healthy



### Second Lecture:

## Work@Health Training

Tuesday, March 24th, 2015

4:00 pm-5:30 pm

One Willowbrook Court Suite 230

Petaluma, CA 94954

Work@Health is a program developed by the Centers for Disease Control and Prevention that provides employers with free access to professional-level training in worksite wellness. The training is comprehensive and science-based, designed to give employers the necessary knowledge and resources to customize a plan for worksite wellness that will be sustainable and achieve results.

EVENT SPONSOR:



Arrow Benefits Group and St. Joseph Health have partnered to create a fun and engaging Worksite Wellness Lecture Series. The second lecture will be an introductory science-based worksite wellness training. Come enjoy wine and refreshments while learning key components of wellness program design from St. Joseph Health's certified CDC Trainer. Proven measurements for sustainability will be discussed.

Space is limited. To reserve your spot please contact:

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