



As part of Sacramento County’s commitment to employee health, the Employee Benefits Office is partnering with Sutter Health and Western Health Advantage (WHA) to offer wellness workshops to County employees at no cost!

LAST CHANCE FOR WELLNESS!

We’ve completed sessions for **Eating to Manage/Prevent Diabetes**, **Nutrition Labels 101**, and **Changing Eating Behavior for Good**

DATE	TIME	LOCATION	ROOM	TOPIC	SPONSOR
August 23	12-1pm	7001 A E Parkway	Conf. Rm 1	Heart Smart	Sutter Health
August 25	12-1pm	700 H Street*	Board Chambers	Heart Smart	Sutter Health

*Food/drinks not permitted at this location

Send an email to Jamie Thomas at thomasj@saccounty.net to register. Space is limited so register now!

Attendance is generally on County time, approval from your supervisor is required

