

SEPTEMBER WELLNESS WORKSHOP



LIVE WEBINAR

SEPT 16, 2020

1-2:15 PM

THE POWER OF PREVENTION, SLEEP, AND BOOSTING IMMUNE HEALTH FOR OVERALL WELL-BEING

Please join the COSA Health Coaches as they discuss immune system health. They will examine the importance of preventive health for your immune system. They will also discuss how lifestyle changes such as proper nutrition, physical activity and sleep can boost your immune system as well as answer any wellness questions you may have.

**SCAN QR CODE WITH
YOUR SMART PHONE
TO REGISTER** 



Have questions or need to register offline?
Contact the Wellness Division
at 207-WELL or wellness@sanantonio.gov

COSAWell