

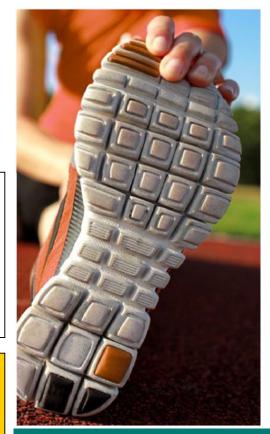
Human Resources & Risk Management

MY WELLNESS

REGISTRATION FORM

Complete a Wellness Event by April 30, 2022 to be entered into a raffle! If you already completed a Registration form in the previous year, you do not have to register again.

Forms must be completed and returned to the Human Resources Department 940 W Main Street Suite 101, El Centro, CA For more information call: 442-265-1148



The County Wellness Program is designed to support you with developing health habits for a lifetime!

Whether you want to learn how to better care for yourself, have more energy, balance your weight, manage stress or improve your diet, there are a variety of free tools and resources to help you make wellness a part of your everyday life.