

## Human Resources & Risk Management

## **MY WELLNESS**

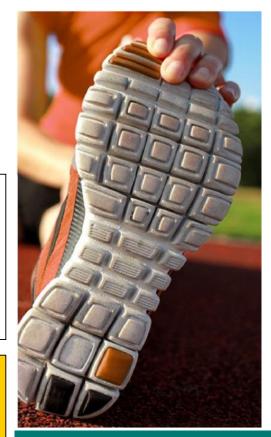
## **REGISTRATION FORM**

Name:
Department:
Employee Number:
Date of Hire:
E-mail Address:
Work Phone Number:
Signature: Date:

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 or via email to: ceciliallamas@co.imperial.ca.us

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.