

July 24th is International Self-Care Day

Wellness Challenge

Treat Yourself and watch the video:

"Let's Talk: Do You"

available via your Employee Assistance Program

Earn 50 Wellness Points

CLICK HERE
to watch "Let's Talk: Do You"



Once completed, enter points into your Wellness Point Tracker under Wellness Program Activity/Challenge- July



Access your Employee Assistance Program, ResourcesforLiving.com
"Company Log in Register" - Username: County of Imperial - Password: eap