

Save the Date

Flex Your Wellness Program

Not Your Typical Corporate Training

Wellness and Physical Activity strike a pose.

Come learn how to save resources with:

- Worksite Walking Clubs & Wellness Teams
- Safety in the Worksite
- Ways to Incorporate Daily Physical
- Refreshers You Can Do!
- Yoga for your staff

You will receive

- Free Shape of Yoga Book
- Free Wellness Posters
- Free Toolkit to celebrate National Workplace Week
- Free Resources
- Free Healthy Lunch

Online registration will open February 25th.

For more information, contact:
Suellen at 408-793-2719

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DATE: March 25, 2010

TIME: 9:30 — 1:30 pm

LOCATION: Holiday Inn
Civic Center, 50 8th Street,
San Francisco, Ca 94103



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.