

UPCOMING WELLNESS ACTIVITIES

Healthy Snacks & Lunch On-the-Go Program

Tuesday, April 4, 2023
12:00pm-12:45pm

Community Outreach Building
Five Seasons Room

*Participants will receive a sample of at least one item made
and snacks to go!*



To register, please email wellnesscommittee@dekalbcounty.org

Completing the Stress Cycle and Moving Beyond Burnout

Thursday, April 6, 2023
12:00pm-12:30pm

Zoom Presentation

<https://us02web.zoom.us/j/84819995578pwd=a1hPV2pVSm9NQk5oV0tqdnB4ajdvUT09>

**For each class attended, you will be entered
into a drawing for a \$50 Amazon gift card.**

*Gift card incentives are considered taxable income when provided as part of a
county wellness program.*