



MIND • BODY • SPIRIT
SETA WELLNESS PROGRAM

June Worksite Champion

DeShon Brown

Presents:

“Body Sculpt 102”

Monday, June 24, 2013

@ 2:00 p.m.

Plaza Del Paso, Sequoia Room

925 Del Paso Blvd.

Sacramento, CA 95815

Do you want to learn about exercise tips that will effectively benefit your body?

Benefits of attending this activity include: (1) Learning about exercises that can aid in body composition changes; (2) Gaining knowledge on how to enhance your overall health; and (3) Learning how to effectively change your current exercise routine to benefit your goals.



Space is limited to 30 slots

To register for this Staff Engagement Activity

Send an email to wellness@delpaso.seta.net or call:

Teresita Saechao @ 916-263-4362 or

Zenobia Henderson @ 916-263-0570

Accommodations are available upon request for individuals with disabilities.

Please allow 7 working days to ensure availability.