



GIVE Your Health a BOOST!

SIT & FIT

Worksite program



Fitness is an essential component of health. This program emphasizes exercise in the workplace and presents a series of movements that can be performed at the desk. The 1-hour workshop also discusses finding time for exercise and the types of exercise that are beneficial to your health.

LOCATION

Rancho DAAS
Haven Room
9445 Fairway View Place, Suite 110
Rancho Cucamonga

DATE

10/28/2009

TIME

11:00 a.m. - 12:00 p.m.
1:00 p.m. - 2:00 p.m.

CLASS ID

27642
27643

TO REGISTER

- Take advantage of the PERC web-based registration system at <http://countyline/perc>, click on "PERC e-Learning" and follow the simple steps to enroll in the class ("All Classes" selection; search word "fit"); or
- Call the registration system at (909) 388-4110

This 1-hour wellness class may be attended on County regular time with your supervisor's approval.

No Education Assistance Proposal (EAP) is required for this class.

FOR MORE INFORMATION

- Visit the My Health Matters! webpage at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Contact your Department Wellness Advocate, see a directory at www.sbcounty.gov/hr/Benefits_MyHlth.aspx
- Email the Employee Benefits and Services Division at mhm@hr.sbcounty.gov or call us at (909) 387-5787

