Wellness Wednesdays



brought to you by GetFit Southern California.

Join us on the 3rd Wednesday of every month for a half hour presentation on wellness. Topics include: habit formation, sleep, exercise, gratitude and more. Tune-in for the latest research and hear from industry experts.

Meetings are from 12:30 p.m. to 1:00 p.m.





Click or scan the QR code to add this event to your calendar.

