

This Broadcast Message is approved by the County Administrator, Monica Nino.

**WELLNESS WEBINARS REMINDER!**

Please join us for a series of Wellness Webinars available to all County employees in partnership with Health Net. These free webinars will continue through December 2021. The webinars are presented live on various days of the week, during the mid-day lunch hour period, and will also be recorded and posted on the website for employees to view on their own time at home if that's more convenient. The schedule of topics, dates, and times with links to register for these webinars is available on our County Benefits website: <https://www.contracosta.ca.gov/8205/Wellness-Webinars>.

(Note: You do not need to be enrolled in a Health Net medical plan to register for the Wellness Webinars. All County employees may participate.)

If you have questions, please email [Benefits@hrd.cccounty.us](mailto:Benefits@hrd.cccounty.us)

Thank you,

HR Employee Benefits