



Give yourself a healthy boost

Take a convenient online class

Body Harmony

Date: Tuesday, October 13, 2026 | Time: 12:00 PM – 1:00 PM

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/5482809/5F2A7155F10970FB6FF50EE0002C9DEF>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description : Discover ways to go beyond dieting and calorie counting through a holistic approach to weight management that promotes lasting habits and a healthy relationship with the body.

For questions, contact: employeeewellness@fultoncountyga.gov

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