LiveWell



LiveWell's Virtual Wellbeing Classroom is a great way to stay connected and stay healthy. To keep-up with the latest events and benefit news, add your email address to LiveWell's Retiree Listserv. Use the link below, or contact the LiveWell Team at LiveWell@fairfaxcounty.gov

Click Here to add your email address to our electronic mailing list.

To join each event below, register using the link below. Participants may register up to the time of the event. Access information will be sent via email after registration.

- **Meditation with LiveWell**

  Monday, June 14th at 2 pm

  https://kponline.webex.com/kponline/k2/j.php?MTID=tc6567fb91fcb9e45c5e3e7291875752c

- **LiveWell's Balance Class**

  Tuesday, June 1st at 11 am

  https://us02web.zoom.us/meeting/register/tZ0qf--vrDsoHNyII8iyfbZlMyfREO9_WJYh

  Tuesday, June 8th at 11 am

  https://us02web.zoom.us/meeting/register/tZ0qf--vrDsoHNyII8iyfbZlMyfREO9_WJYh

  Tuesday, June 15th at 11 am

  https://us02web.zoom.us/meeting/register/tZ0qf--vrDsoHNyII8iyfbZlMyfREO9_WJYh

  Tuesday, June 22nd at 11 am

  https://us02web.zoom.us/meeting/register/tZ0qf--vrDsoHNyII8iyfbZlMyfREO9_WJYh

  Tuesday, June 29th at 11 am

  https://us02web.zoom.us/meeting/register/tZ0qf--vrDsoHNyII8iyfbZlMyfREO9_WJYh

- **Planning for Future Medical Decisions**

  Wednesday, June 23rd at 2 pm

  https://zoom.us/webinar/register/5616204125784/WN_IaN59_LWQYqFtmAuekWebw

To request this information in an alternate format or for reasonable ADA accommodations, please call HR Central at 703-324-3311 (TTY 711)