



# JUMP START JANUARY BETTER HEALTH SYMPOSIUM

Presented by Mayor Bernard C. "Jack" Young, The  
Office of the Labor Commissioner and  
DHR's Wellness Program



Featuring Guest Speaker & Fitness Expert  
Laurent Amzallag as seen on Oprah's "Live  
Your Best Life Tour," Dr. Oz, NBC, Fox, CBS  
and the CW Network.

**Monday, January 13<sup>th</sup>**

**11:30 AM – 1:00 PM**

**War Memorial Building**

***2 Hours Permission Leave + Travel Time is Approved!***

*Enjoy a Healthy Lunch and Be Inspired to Live a Healthier Life!*

Registration is required - RSVP by Thursday, January 9<sup>th</sup> to  
reserve your seat and a free healthy lunch.

(Lunch is limited to the first 300)

Register Online: <https://www.surveymonkey.com/r/janjumpstart>