



American Heart Association.

Life is Why®
Desert Communities

YOU'RE INVITED!

FREE VIRTUAL EMPLOYEE WELLNESS EVENT

DECEMBER 3, 2020
12:00 PM – 1:00 PM

[Click Here to Register](#)

KEYNOTE SPEAKERS:



Laticia "Action" Jackson

CEO at N-Powered Coaching Academy

Laticia "Action" Jackson, a globally recognized women's health and wellness expert, Olympian, U.S.A.F. Veteran, 8 x Author, and transformational motivational speaker who inspires people to become their best selves.



Alicia Lowe

Health & Wellness Manager, Western Health Advantage

Alicia Lowe empowers employees to achieve their wellness goals and create a lifestyle of consistent well-being and exceptional vitality.

SPECIAL GUEST: Dr. Casey Leier, HARC

EMCEE:

Taban Sharifi

Meteorologist & Reporter
KESQ News Channel 3



Grab your lunch and join the American Heart Association and its local Life is Why Sponsor Desert Oasis Healthcare to learn more about:



Ways to ignite change and make your health and wellness a priority



Practical ways to build resiliency & support mental well-being

Locally sponsored by

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HEALTHCARE