

# Exciting Lake County Employee Wellness News for the New Year!



Lake County employees, spouses, and dependents that are enrolled in Anthem Healthcare coverage are invited to take advantage of Lake Health Studio Classes at the Lake Health employee rates.

Kick start the New Year and participate in a Yoga, Zumba, Cardio Kickboxing, Cardio Express, Pilates or 20/20/20 class.

Simply register by calling the Best of Health Line at (440) 953-6000 and let them know you are a Lake County Employee!

Please see attached January – March 2012 Studio Class schedule.

