



Mission Regional Medical Center

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.

Topic: “Physical Fitness”

When: Tuesday, January 25, 2022

Time: 2:30 p.m. – 3:30 p.m.

Please join us via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFV RdENzWXI5VUxFT1ZUQT09>

Meeting ID: 99 0 466 2781

Passcode: 833227

Dial by your location

+1 346 248 7799 US (Houston)

Meeting ID: 990 466 2781

Passcode: 833227



***Please register with Human Resources no later than
Monday, January 24, 2022.***