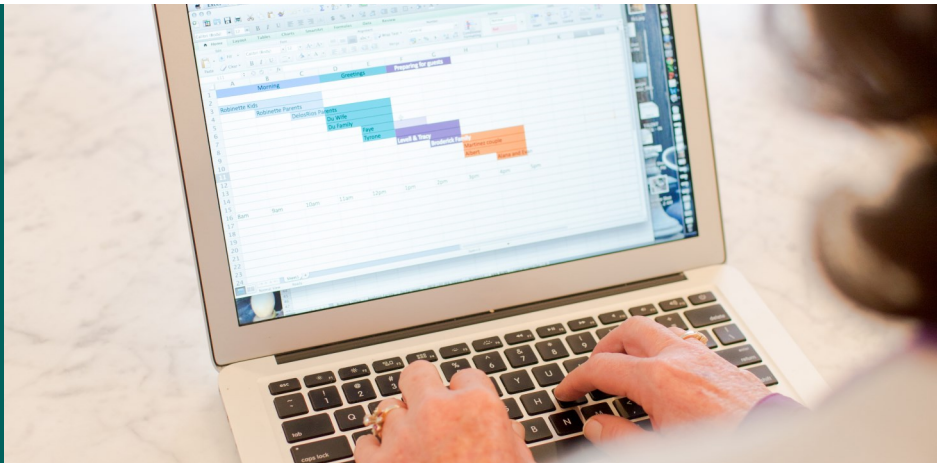


Wellness Wednesdays

Live Well Be Well
North Valley



Enjoy your lunch while you join us for a 30-minute virtual wellness session on topics dedicated to supporting your health and wellness!

Learn about tips and tools to help you build and maintain small habits to feel your best. We care about your wellbeing!

June Topics – Take a moment for your self care!

- **Wednesday June 4th: Screen Smart: Protecting Your Eyes in the Digital Age**
 - Learn simple tips to keep our eyes healthy while at work or enjoying screen time.
- **Wednesday June 12th: Budget Planning Workshop**
 - Merrill Lynch advisors will help you to use the 50/30/20 method to create a budget worksheet to stay on track and meet your goals.

[Click here to join the meeting](#)

Dial in by phone:

+1 213-533-9530,,481169007# United States, Los Angeles

SCAN ME



More resources to Support YOU!

<https://livewellbewellnvly.org/>



Contact livewellbewell.nvly@kp.org