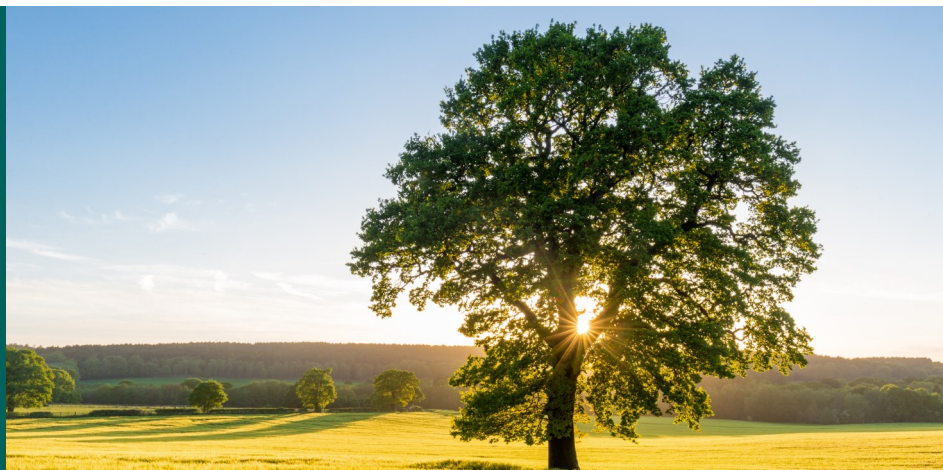


# Wellness Classes

Live Well Be Well  
North Valley



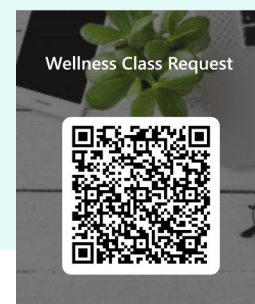
As a team, you'll work on skillsets for developing a lifestyle and mindset that will allow you to holdfast during tough moments. Live Well Be Well will take you through the top evidence-based approaches to reinforce your resilience.

## Single Class Options (can be from 20 to 60 minutes)

- **Hormone Health (NEW)** Learn practical methods to optimize hormone function for a balanced body.
- **Screen Smart (NEW)** Tips to protect your eyes and health in a screen-heavy world.
- **Candlelight Yoga (NEW)** Take a mini vacation in this beginner-friendly class full of relaxing stretches to de-stress your team.
- **Laughter is the Best Medicine**—Explore how laughter improves physical, emotional, and social well-being.
- **Mindful Stretching**—Gentle stretches and mindfulness to reduce tension and promote relaxation.
- **Creating Healthy Habits**—Build sustainable habits to support long-term health and well-being.
- **Building Your Social Circle**—Expand your network, improve your health.

**Request a single wellness class** for your next team meeting:  
[Class Request Form](#)

If you want a **Series of Classes**, please choose and apply for an evidence-based series through our Mini Grant program:  
[Mini Grant Website](#)



# Wellness Classes

Live Well Be Well  
North Valley



## Single Class Options (can be from 20 to 60 minutes)

- **Develop Mental Focus**—Improve concentration, minimize distractions, and boost productivity with actionable techniques.
- **Workday Recharge**—Quick, energizing exercises to boost focus, reduce stress, and recharge your day.
- **Make Food Work for You**—Create a balanced diet to fuel your body and health goals.
- **Preventing Burnout**—Identify burnout signs and learn strategies to manage stress effectively.
- **The Power of Gratitude**—Practice gratitude to boost happiness, improve relationships, and enhance well-being.
- **Kindness: A Path to Connection**—Discover how kindness enhances connection and boosts your health.

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**Need help?** Contact us at [livewellbewell.nvly@kp.org](mailto:livewellbewell.nvly@kp.org)

