

Mid Day Reset Candlelight Yoga Classes



Reduce stress and increase your happiness

Live Well Be Well will be offering monthly onsite Candlelight Yoga classes. Classes will be offered in person rotating through the Medical Centers and MOB. Please bring a yoga mat or towel and wear comfortable clothes. All levels welcome!

Mark your calendars and take a well deserved break!

Riverside MOB

- Friday, September 12, From 12:30-1:00pm
- Junction Conference Room
- Bring a yoga mat or towel

Check out the LWBW website for the latest resources & events:

<https://livewellbewellnvly.org/>