

# Facility Connection



## June & July Locations – Our commitment is YOUR wellbeing!

Bring a co-worker or your team and take time to connect, relax and share some laughter. Our team will share wellness and fitness resources to help you take care of your well-being and THRIVE in the workplace.

These events are possible because Kaiser Permanente leadership genuinely cares about YOUR wellbeing.

Times: 12:00-1:30pm

June 10 – East Roseville Parkway, CR 111–Epsom Salt Mindful Tool Kit

July 8 – Gibson , LWBW Bingo Activity & Healthy Snack

July 15 – Point West MOB, CR 6–Gratitude Tree Activity & Healthy Snack

July 22–Watt Ave, Italian Soda and Gratitude Cards

July 29– Lava Ridge, CR 1–Italian Soda and Gratitude Cards

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

<https://livewellbewellnvly.org/>