

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!

Our goal: A casual drop in session for a monthly dash of self-care. We will strategize small habits that can lend to feeling your best because we care about your wellbeing!

- 3rd Wednesday of each month
- June-October 2024 on TEAMS 12:30-1:00p

Join Us For the Following 30 minute Drop-In Wellness Classes:

- Creating Healthy Habits–June 19
- Mindful Stretching–July 17
- Develop Mental Focus–August 21
- The Power of Gratitude–September 18
- Becoming Physically Fit– October 16



[Click here to join the meeting](#)

Dial in by phone:

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



More resources to Support YOU!

<https://livewellbewellnvly.org/>



Contact livewellbewell.nvly@kp.org