

# 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 (30-60 minutes, unless otherwise specified)

- Preventing Burnout & Activating the BEST ME (90 minutes)
- Coping with Change
- Laughter is the Best Medicine
- Mindful Stretching
- Resilience Starts with Purpose
- The Power of Gratitude
- Create Healthy Habits
- Total Health Nutrition
- Deepen Your Social Connection
- Develop Mental Focus
- Become Physically Fit
- Make Food Work for You
- Hormone Health
- Screen Smart: Protecting Your Eyes in the Digital Age

**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](#)

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

