

# 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.

### Quarter 1 Schedule: January, February, March

### Mark your calendars and take a well deserved break!

#### Point West MOB

- Thursday, January 16, from 12:30-1:00pm
- Conference Room 1&2 (1st Floor)

#### Folsom MOB

- Friday, February 7, from 12:30-1:00pm
- Conference Room 1 (1st Floor)

#### Fair Oaks MOB

- Thursday, March 13, From 12:30-1:00pm
- Conference Room C (2nd Floor)