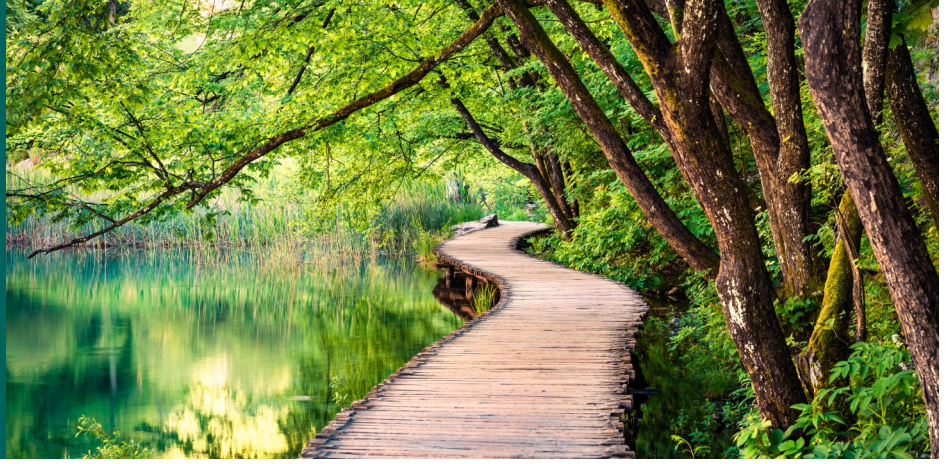


# Wellness Wednesdays

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!

These are casual drop in sessions for a monthly dash of self-care. Learn about tips and tools to help you build and maintain small habits to feel your best. We care about your wellbeing!

- 1st Wednesday of each month
- January thru December on TEAMS 12:30-1:00p

## First Quarter Class Topics– Take a moment for your self care!

- 2025 Goal Setting–January 8
- Practicing Kindness–February 5
- Exercise: Workday Recharge–March 5



[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](mailto:livewellbewell.nvly@kp.org)