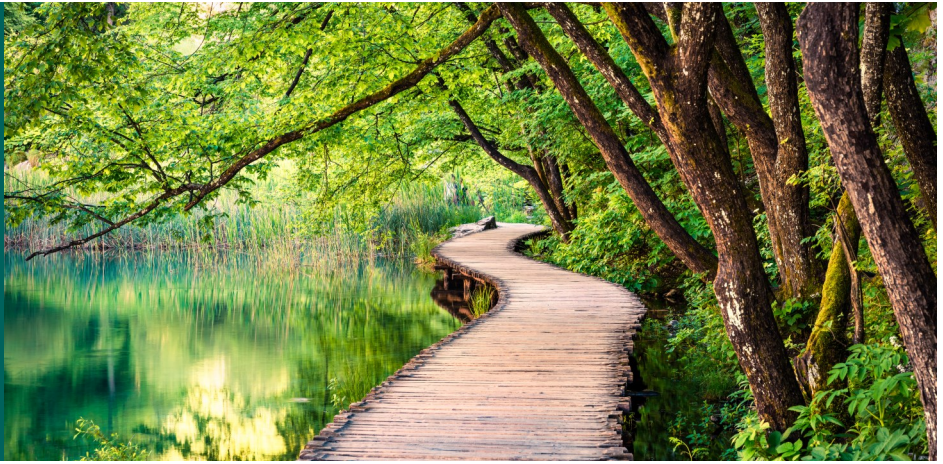


Wellness Wednesdays

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

March Topic – Take a moment for your self care!

Wednesday, March 5, 2025

Exercise: Workday Recharge

Quick, accessible fitness easily integrated into a workday to keep you energized & motivated in 2025.



[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