

Thriving Thursday

Live Well Be Well
North Valley



New Topic Every Month

Join us for a 30-minute virtual wellness session during your lunch break! These casual, drop-in sessions offer a monthly dose of self-care, with tips and tools to help you build simple habits for feeling your best.

Master Your Goals January 8th, 12:30–1pm

Start the new year with clarity and confidence by learning how to set meaningful, achievable goals. This class will guide you through practical steps to define priorities, create action plans, and stay motivated throughout the year. Discover strategies to overcome common obstacles and track your progress effectively. Leave with a personalized roadmap to make 2026 your most successful year yet.

Scan the QR code or
[Join the meeting now](#)

Meeting ID: 255 674 308 137 03

Passcode: et6jB2XM

Dial in by phone

+1 213-533-9530,,972789156# United States, Los Angeles



Resources to Support YOU!
<https://livewellbewellnvly.org/>