

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 (can be from 30 to 60 minutes)

- **Battling Burnout:** Identify burnout signs and learn strategies to manage stress today.
- **Candlelight Yoga:** Take a mini vacation in this beginner-friendly class full of relaxing stretches to de-stress your team.
- **Develop Mental Focus**—Improve concentration, minimize distractions, and boost productivity with actionable techniques.
- **Gratitude Reboot:** Practice gratitude to boost happiness, improve relationships, and enhance well-being.
- **Kindness: A Path to Connection**— Discover how kindness enhances connection and boosts your health.

Request a single wellness class for your next team meeting:
[Class Request Form](#)

Need help? Contact us at livewellbewell.nvly@kp.org

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- **Laughter is the Best Medicine:** Explore how laughter improves physical, emotional, and social well-being.
- **Mindful Stretching:** Gentle stretches and mindfulness to reduce tension and promote relaxation.
- **Screen Smart:** Tips to protect your eyes and health in a screen-heavy world.
- **Workday Recharge**—Quick, energizing exercises to boost focus, reduce stress, and recharge your day.
- **Your Social Health:** Expand your network, improve your health and create meaningful connections in your life and work.

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