

# Facility Connection



## February Locations – Our commitment is **YOUR** wellbeing!

Bring a co-worker or your team and take time to connect, relax and share some laughter. Our team will share wellness and fitness resources to help you take care of your well-being and THRIVE in the workplace.

These events are possible because Kaiser Permanente leadership genuinely cares about **YOUR** wellbeing.

Times: 12:00-1:30pm

Davis MOB: 2/4/26, Conf. Room A/B

DOCO MOB: 2/11/26, Conf. Room 250/260 (2nd. Floor)

Folsom MOB: 2/18/26, Conf. Room 3A/3B (3rd. Floor)

Lava Ridge: 2/19/26, Main Conf. Room

**Check out** the LWBW website for the latest resources & events:

<https://livewellbewellnvly.org/>