

Mid Day Reset Candlelight Yoga Classes



Reduce stress and increase your happiness

Our commitment is **YOUR** wellbeing!

Live Well Be Well's Candlelight Yoga class is coming to YOU. Let us help you make self-care a priority! Please bring a yoga mat or towel and wear comfortable clothes. All levels are welcome and encouraged. Candlelight Yoga is possible because Kaiser Permanente leadership genuinely cares about YOUR wellbeing.

Mark your calendars and take a well deserved break!

Sacramento Medical Center

- Friday, February 13 , From 12:30-1:00pm
- Conference Room 1 (Basement)
- Bring a yoga mat or towel and a friend!
- **Free yoga mats for the first 5 participants**

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

<https://livewellbewellnvly.org/>