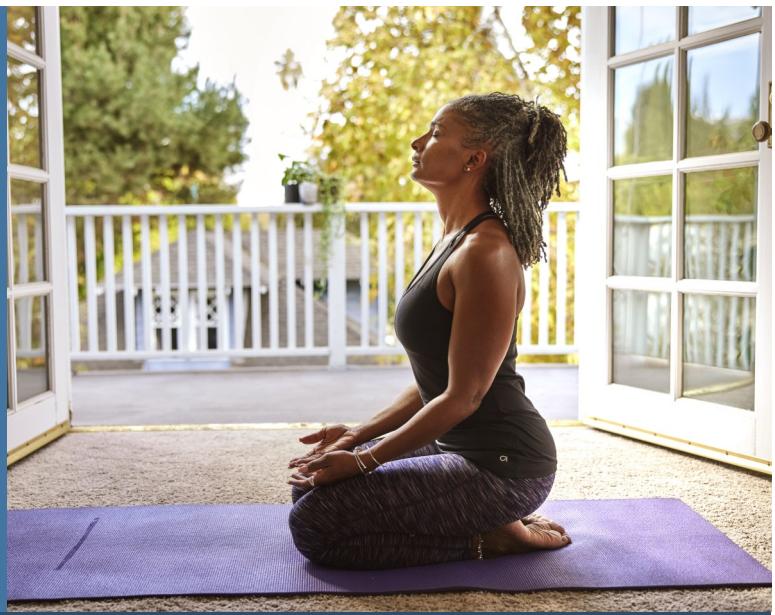


Mid Day Reset Candlelight Yoga Classes



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/>