

# 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.

## Deskercise: Movement Breaks for the Workday

April 2nd, 12:30–1pm

Explore simple, low-impact movements you can do right at your desk to reduce stiffness, ease stress, and boost energy throughout the workday. This session shows how quick, intentional movement breaks can improve comfort, focus, and overall well-being.

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/>