

Mid Day Reset Candlelight Yoga Classes



Our commitment is YOUR wellbeing!

Mark your calendars and take a well deserved break!

All levels are welcome and encouraged. Candlelight Yoga is possible because Kaiser Permanente leadership genuinely cares about YOUR wellbeing.

Time: 12:30-1:00pm

Locations:

Lincoln MOB: 7/17 CR 107

Arden Annex Building: 8/14 CR 5

Sierra Gardens: 9/25 CR 1095

East Roseville Parkway: 10/9 CR 111

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

<https://livewellbewellnvly.org/>