

Wellness Classes



Sponsored by North Valley Live Well Be Well. Open to all Kaiser Permanente physicians and staff.

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.

DATE	CLASS & DESCRIPTION
Nov 5	Cheers to Balance: A Healthier Holiday Season – <i>Simple, supportive strategies to help you enjoy the holiday season with more harmony, health and intention.</i>
Nov 20	The Happiness Habit – <i>Discover simple routes to happiness and find more joy this holiday season.</i>
Dec 3	Gratitude Reboot – <i>Guidance to help you reconnect with appreciation as a powerful tool for balance, stress relief, and everyday joy.</i>
Dec 10	Yoga for the Office – <i>Practice simple, desk-friendly stretches and breathing exercises to reduce tension this time of year.</i>

Join the 12:30pm - 1:00pm wellness classes by:

- [Clicking here to open in Teams](#)
- Dial in by phone: +1 213-533-530,, 481169007#
- or by scanning the QR code



More resources to support your wellbeing!

<https://livewellbewellnvly.org/>



Contact livewellbewell.nvly@kp.org