

Wellness Classes

North Valley Live Well Be Well Class Menu

60-minute wellness classes

Select a single wellness class for your next team meeting. [Class Request](#)

As a team, you'll work on skillsets for developing a lifestyle and mindset that will allow you to holdfast during tough moments. Live Well Be Well will take you through the top evidence-based approaches to reinforce your resilience.

If you want a series of classes, please choose and apply for an evidence-based series through our Mini Grant program. [Mini Grant Website](#)

Single Class Options

- **Preventing Burnout & Self-Care (90 minutes)**
- **Coping with Change**
- **Laughter is the Best Medicine**
- **Mindful Stretching**
- **Resilience Starts with Purpose**
- **The Power of Gratitude**
- **Create Healthy Habits**
- **Total Health Nutrition**
- **Deepen Your Social Connection**
- **Develop Mental Focus**
- **Become Physically Fit**
- **Make Food Work for You**

