

# California Times

## WORKPLACE WELLNESS

Mind, Body, Vitality, LLC

Namaste Baby & Black Coffee Yoga

Facebook Page: CalTimes Wellness Group

Benefits Website/App: <https://catimes.mybenefitsapp.com/wellness/>



### January and February Web-Based Vitality Sessions

<b>JANUARY</b>	Friday, Jan. 15 @12pm PST Mind, Body, Vitality Norma Powers "Wellness in the workplace"	Friday, Jan. 22 @12pm PST NamasteBaby Dawn Greenly Registration Link -> <a href="#">Mindfulness Meditation / Gentle Yoga Flow / Yoga Nidra</a>	Thursday, Jan. 28 @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> <a href="#">"Wellness in the workplace"</a>
<b>FEBRUARY</b>	Friday, Feb 12 @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> <a href="#">"Working from home effectively"</a>	Friday, Feb. 19 @12pm PST NamasteBaby Dawn Greenly Registration Link -> <a href="#">Meditation and Yoga</a>	Thursday, Feb. 25 @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> <a href="#">"Working from home effectively"</a>