

WORKPLACE WELLNESS

Mind, Body, Vitality, LLC

Namaste Baby & Black Coffee Yoga

Facebook Page: CalTimes Wellness Group

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



2021 March / April Web-Based Vitality Sessions

MARCH	Friday, March 12 th @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> “The Power of Mindfulness”	Friday, March 19 th @12pm PST NamasteBaby Dawn Greenly Registration Link -> Meditation and Yoga	Thursday, March 25 th @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> “The Powers of Mindfulness”
APRIL	Friday, April 9 th @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> “Finding Your Calm”	Friday, April 16 th @12pm PST NamasteBaby Dawn Greenly Registration Link -> Meditation and Yoga	Thursday, April 22 nd @12pm PST Mind, Body, Vitality Norma Powers Registration Link -> “Finding Your Calm”

Each program will include: Registration notifications / Facebook post on the programs / information saved on the benefits website and CalTimes Intranet / 45 min sessions