

A BETTER YOU TODAY

with the VEBA Resource Center

We're Thankful for You!

November is VEBA Member Appreciation Month

From Yoga Therapy for Your Soul to Self-Care Sunday, join us for an entire month of classes dedicated to YOU!



CALIFORNIA SCHOOLS
VEBA
RESOURCE CENTER



JOIN US FOR A GROUP CLASS IN NOVEMBER!

- Yoga Therapy for Your Soul
- Life Stretch
- Self-Care Sunday
- And many more!

Check out our full November schedule and register for classes at:
www.vebaresourcecenter.com

Visit our VRC channels for Well-Being Resources and Updates



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NOVEMBER CLASS SCHEDULE

Continue to stay connected!

We may all be social distancing, but that's no reason to not remain connected.

Follow us on Instagram, like us on Facebook, and check out our YouTube Channel for videos uploaded daily from your favorite VRC Providers.

YOGA THERAPY FOR YOUR SOUL – FOR ALL LEVELS

Through gentle yoga this class creates space and time for reflection, cultivating a gratitude practice, and breath to body movement to achieve relaxation in the body, send and receive gratitude, and release thoughts and feelings that no longer serve you.

WHEN

*Dates and Times vary,
check VRC website for
full schedule*

LIFE STRETCH FOR ALL LEVELS

A mobility-stretch class that is designed to help you become more flexible in body, mind and spirit while increasing functional mobility.

WHEN

*Dates and Times vary,
check VRC website for
full schedule*

COOK ALONG: FALL SCHEDULE

WHEN

*Saturday, November 21
at 2:00 pm*

Join VRC's Chef Leslie Myers for a fall themed cook along, learn how to make delicious infused oil and a hearty fall harvest salad. This salad will be your new favorite go-to recipe. We invite you to take a picture and share it in one of our social media channels.