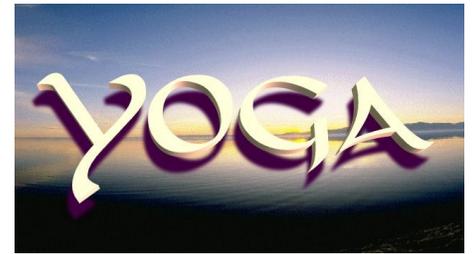


RELAX YOUR MIND AND
BODY WITH MHM! YOGA
CLASSES



Employees who register and attend a class at any location from 03/11 through 3/27 will receive a free yoga mat while supplies last! (Incentive will be limited to the class size limit specified below and one incentive will be awarded per person)

| Days | Location | Time | Class Size Limit |
|------------|--|-------------|------------------|
| Wednesdays | 5th Street Civic Center 175 W. 5th Street | 5:15-6:15PM | 25 |
| Thursdays | Public Works 825 E. Third Street | 5:15-6:15PM | 25 |
| Fridays | ARMC Oak Room | 5:15-6:15PM | 40 |

Due to space limitations, registration is REQUIRED for each and every class!

To register, visit the Steps to Success Events Calendar found at:
<https://www.healthycommunity.ca/sbhr/Events/Default.aspx>.

Not registered on Steps to Success? Register using Registration Code: COSB.

Important Reminder: If you are signed up for a yoga class and later decide that you cannot attend, we ask that you please unregister for the class in order to free up space for someone else to be able to attend. This can be done by clicking on the event listed on the calendar and then selecting "Leave Event."

Questions? Contact the Employee Benefits and Services Division (EBSB) at mhm@hr.sbcounty.gov or via phone at 909-387-5787.