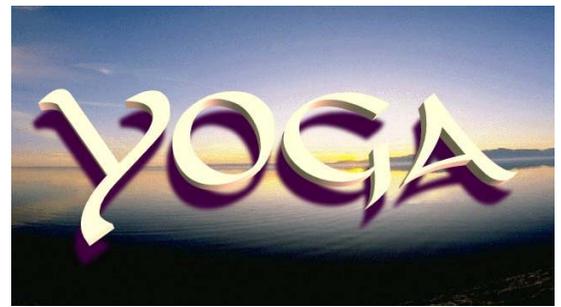


**RELAX YOUR MIND AND
BODY WITH MHM! YOGA
CLASSES**



Employees who register and attend a class at any location from 10/22 through 10/31 will receive a **free** yoga mat!
(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 400 N. Pepper Ave Colton, CA 92324	5:15-6:15PM	40

Classes start Wednesday October 22!

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.

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

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