

Mindful Martial Arts 6-week Series

Thursdays, April 17 to May 22 at 5:30 p.m.

Bruceville Center, South Sacramento

Martial arts helps build confidence and inner strength, while meditation improves your ability to regulate your nervous system and maintain a balanced mind.

Combining both provides you with incredible skills and enhances overall well-being.

Join us for the return of **Mindful Martial Arts 6-week Series**, where you will learn effective self-defense techniques in a meditative way, improve your coordination, reaction time, and your ability to breathe under pressure.

Bring your water bottle, comfortable shoes and be ready to move.

Open to KP staff and physicians, all fitness levels are welcome and no experience necessary. Space is limited.

For each class you attend, you'll earn 1 Wellness University credit.



 KAISER PERMANENTE.

live well be well
WELLNESS UNIVERSITY

Questions?

Email Employee-Wellness-SSC@kp.org

call (916) 525-4820 or visit

www.kpwellnessu.org