



Yoga

Join us for this yoga class led by instructor Heather Payne to find equilibrium between your professional and personal life.

Talk to your doctor before beginning an exercise program.

NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses/partners who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More details can be found on nj.gov/njwell/. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.
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Yoga
Tuesday, July 30
1 p.m. - 2 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

