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# Live Well CAMPBELL



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Welcome to the City of Campbell's Live Well Campbell Initiative. This is a community-wide effort dedicated to promoting healthy living and good eating habits for all members of our community. Through educational programs, local partnerships, and inclusive activities, the initiative aims to inspire healthier choices, increase access to nutritious food, and support overall wellness in Campbell. Whether it's staying active, eating well, or fostering mental well-being, Live Well Campbell encourages everyone to take small steps toward a healthier lifestyle together as a community. We hope you will join us over the next year as we Live Well together.

Natasha Bissell  
Recreation & Community Services Director

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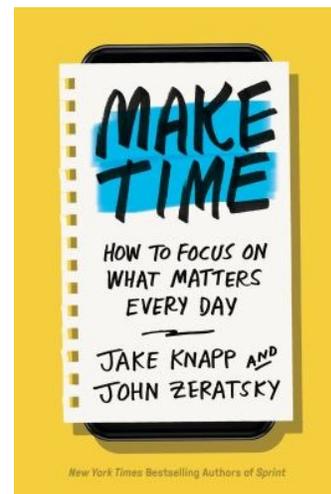
## Back To Balance Month: Mind, Body, Community

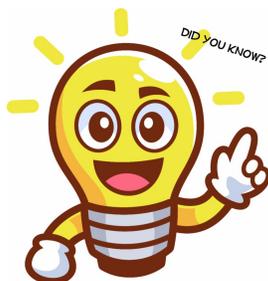
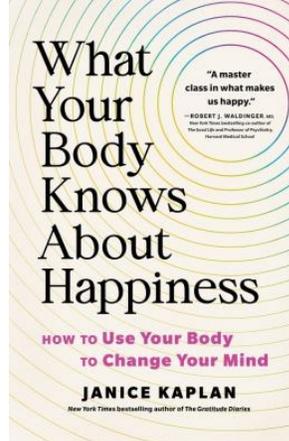
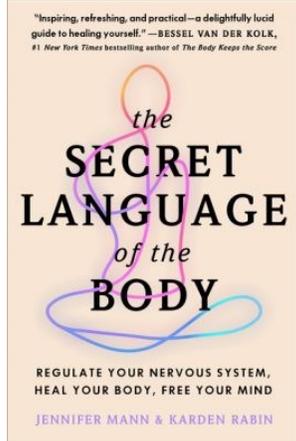
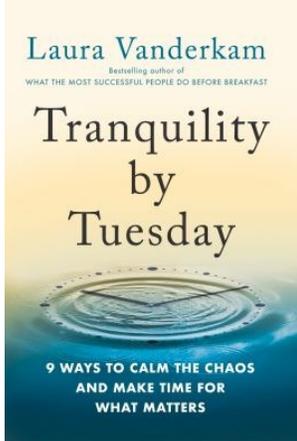


As the seasons shift and routines settle, September offers the perfect opportunity to pause, reflect, and realign. That's why this month, we're focusing on getting **Back to Balance**, nurturing the connection between mind, body, and community.



As part of our **Back To Balance** theme, the Santa Clara County Library has provided book recommendations to support a balanced life.





The Santa Clara County Library District offers access to *ConnectWell* and *Headspace* with your active Library card.

Click [here](#) to learn more!



Bring your own yoga mat, towel and water bottle. Sign up [here!](#)

# Visit the Campbell Farmer's Market after Yoga.

One-time coupons to be used at the Farmer's Market will be provided to all participants in partnership with the Santa Clara County Public Health Department.

*Eat Fresh, Eat Local*

Are you or someone you know caring for a loved one? Caregivers Count! is a **Free** conference to help provide help and resource for those navigating the challenges of caring for a loved one.



## CAREGIVERS COUNT! 15TH ANNUAL CONFERENCE 3-PART SERIES ON SATURDAYS



**SEPT. 6, 2025** (Virtual)

**SEVEN QUESTIONS ABOUT TRANSITIONS THAT WORRY CAREGIVERS**

**SEPT. 13, 2025** (Virtual)

**TAILORING CARE AND SUPPORT TRANSITIONS**

**SEPT. 20, 2025** (In-Person - Campbell, CA)

**CARE TRANSITIONS AND TECHNOLOGY**

To register for each conference session, scan this QR code.



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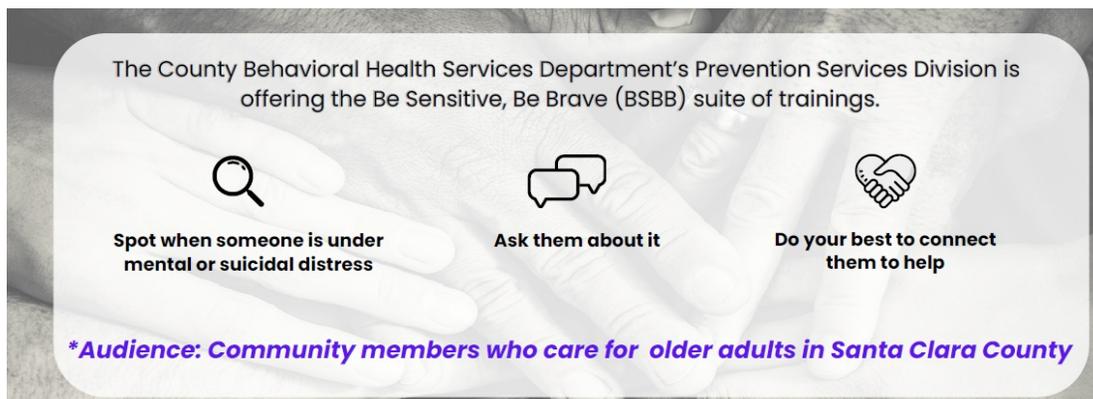
Thank you to our Sponsors:



**CONFERENCE INFO AT [WWW.CAREGIVERSCOUNT.NET](http://WWW.CAREGIVERSCOUNT.NET)**

Video recordings of previous conferences are available on their [website](#) for additional resources.

# FREE Mental Health & Suicide Prevention Trainings For OLDER ADULT COMMUNITIES\*



## BSBB: MENTAL HEALTH

Format: Self-Paced

Duration: 60 minutes

## BSBB: SUICIDE PREVENTION

Format: Self-Paced

Duration: 60 minutes

### FOLLOW THE STEPS BELOW TO ACCESS THE TRAININGS:

#### Step 1:

Click on a link to begin:

Mental Health

[bit.ly/bsbbmhonline](https://bit.ly/bsbbmhonline)

Suicide Prevention:

[bit.ly/bsbbsponline](https://bit.ly/bsbbsponline)

#### Step 2:

Create an account and enroll in a course.

#### Step 3:

Use code

**SCOA24**

at checkout to register for free.

*Code is case sensitive and works for both trainings.*

For questions, please contact [jeeeun.kang@hhs.scgov.org](mailto:jeeeun.kang@hhs.scgov.org)  
For technical assistance, please contact [bsbb.assistance@gmail.com](mailto:bsbb.assistance@gmail.com)



Campbell Recreation | 1 W Campbell Ave., C-31 | Campbell, CA 95008 US

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