



# January 2026 Wellness Calendar

## Healthy Habits and Goal Setting



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div> Click on each button to learn more.</div>				1	2	3	
	4	5	6	7	8	9	10
				Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm			
	11	12	13	14	15	16	17
		Walking Challenge Starts		LBS Financial Education Seminar Bare-Bones Budget	Voya at LBTCO (In ODA Office) 9am-3pm		
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
						Walking Challenge Ends	

### Physical Wellness

Supports physical health, movement, fitness, and injury prevention.

### Nutritional Wellness

Focuses on nutrition, education, healthy eating, and preventive health.

### Financial Wellness

Encourages financial literacy, planning, and stress reduction related to finances.

### Social Wellness

Encourages connection, engagement, teamwork, and community.

### Mental and Emotional Wellness

Promotes emotional well-being, stress management, and mental health awareness.

### Occupational Wellness

Supports professional growth, work-life balance, and job satisfaction.



Want to sign up or learn more about an event? Send an email to [askhr@lbtransit.com](mailto:askhr@lbtransit.com) or call Ingris Lopez, HR Benefits Coordinator, at **562.489.8461**.