



# January 2026 Wellness Calendar

## Healthy Habits and Goal Setting

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



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**.



### 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.