



January 2026 Wellness Calendar

Healthy Habits and Goal Setting



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

- 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 or call Ingris Lopez, HR Benefits Coordinator, at 562.489.8461.