

# February 2026 Wellness Calendar

## Heart Health and Emotional Wellness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5 Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm	6	7
8	9	10	11	12	13	14
15	16	17	18 Memorial Care LBTCO Heart Health & Emotional Wellness	19 Voya at LBTCO (In ODA Office) 9am-3pm	20	21
22	23	24	25 	26	27	28

### 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

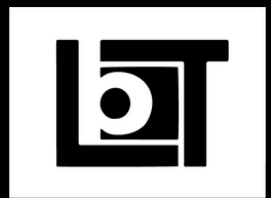
Promotes emotional well-being, stress management, and mental health awareness.

### Occupational Wellness

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

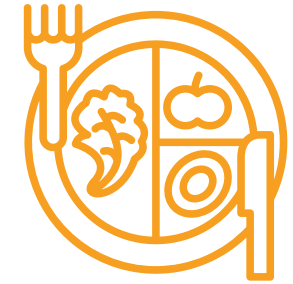


Want to sign up or learn more about an event? Send an email to [askhr@lbtransit.com](mailto:askhr@lbtransit.com) or call Ingris Lopez, HR Benefits Coordinator, at **562.489.8461**.



# March 2026 Wellness Calendar

## Nutrition and Preventative Health



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 The Power of Steps Walking Challenge Starts	3	4	5 Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm	6	7
8	9	10	11	12	13	14
15	16	17	18 MemorialCare LBTCO Nutrition & Preventative Health	19 Voya at LBTCO (In ODA Office) 9am-3pm	20	21
22 The Power of Steps Walking Challenge Ends	23	24	25	26	27	28
29	30	31	Click on each button to learn more.			

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