

# bt February 2026 Wellness Calendar

## Heart Health and Emotional Wellness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	 Click on each button to learn more.			Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24		25	26	27
28						



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.

# March 2026 Wellness Calendar

## Nutrition and Preventative Health



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



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