

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 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	3	4	5	6
				Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm		7
	8	9	10	11	12	13
						14
15	16	17	18	19	20	21
			MemorialCare LBTCO Nutrition & Preventative Health	Voya at LBTCO (In ODA Office) 9am-3pm		
22	23	24	25	26	27	28
29	30	31				

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