

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

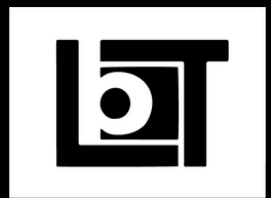
Promotes emotional well-being, stress management, and mental health awareness.

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 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
<div>Click on each button to learn more.</div>	2	3	4	5 Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm	6	7
	8	9	10	11	12	13
	15	16	17	18 MemorialCare LBTCO Nutrition & Preventative Health	19 Voya at LBTCO (In ODA Office) 9am-3pm	20
	22	23	24	25	26	27
	29	30	31			

- 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.



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