

March 2026 Wellness Calendar

Nutrition and Preventive 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 & Preventive Health	19 Voya at LBTCO (In ODA Office) 9am-3pm	20	21
22	23	24	25	26	27	28
29	30	31	Click on each button to learn more.			

- 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.

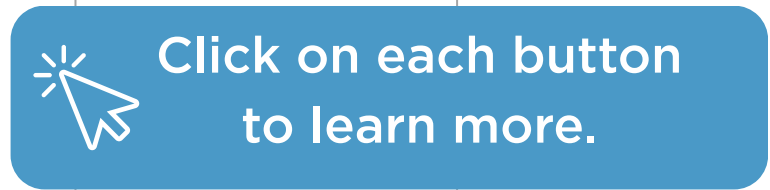


Want to sign up or learn more about an event? Send an email to askhr@lbtransit.com or call Ingris Lopez, HR Benefits Coordinator, at 562.489.8461.

April 2026 Wellness Calendar

Stress Awareness & Financial Literacy



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm	3	4
	5	6	7	8	9	10
	11	12	13	14	15 Voya Budget Seminar at LBTCO 11:00 AM - 12:00 PM	16 Voya at LBTCO (In ODA Office) 9am-3pm
	19	20	21 	22	23	24
	25	26	27	28	29 Stress Awareness Seminar LBT 1 11:00 AM - 12:00 PM	30 

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