

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 The Power of Steps Walking Challenge Ends	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	3	4
				Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm		
5	6	7	8	9	10	11
12	13	14	15	19	17	18
			Voya Seminar at LBTCO (Alamitos) 11:00 AM - 12:00 PM	Voya at LBTCO (In ODA Office) 9am-3pm		
19	20	21	22	23	24	25
26	27	28	29	30		
			Stress Awareness Seminar (LBT1 and virtual) 11:00 AM - 12:00 PM			

 Click on each button to learn more.

Physical Wellness
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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
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Mental and Emotional Wellness
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Occupational Wellness
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May 2026 Wellness Calendar

Mental Health Awareness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					8	9
				Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm		
10	11	12	Mental Health Seminar Wellness Session TBA	14	15	16
17	18	19		Voya at LBTCO (In ODA Office) 9am-3pm	22	23
24	25	26	27	28	29	30
31						

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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
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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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June 2026 Wellness Calendar

Health & Physical Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Voya in Operator Lounges LBT1: 9am - 12pm LBT2: 1pm - 3pm	5	6
7	8	9	10 Biometric Screening at LBTCO 9am-3pm	11	12	13
14	15	16	17	18 Voya at LBTCO (In ODA Office) 9am-3pm	19	20
21	22	23	24 Biometric Screening at LBT 2 9am-3pm	25	26	27
28	29	30				

 Click on each button to learn more.

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Focuses on nutrition, education, healthy eating, and preventive health.

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