

May 2026 Wellness Calendar

Mental Health Awareness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

 Click on each button to learn more.

Voya in Operator Lounges
LBT1: 9am - 12pm
LBT2: 1pm - 3pm

OPTUM EAP
Mental Health Seminar
LBT2 11:00AM - 12:00PM



Voya at LBTCO (In ODA Office)
9am-3pm

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.**

June 2026 Wellness Calendar

Health & Physical Fitness



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

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