

July 2026 Wellness Calendar

Family Wellness & Mid-Year Reset

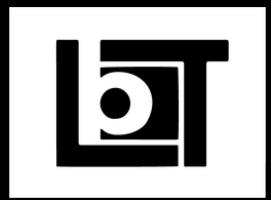


Click on each button to learn more.

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

 **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.**



August 2026 Wellness Calendar

Health & Benefits Awareness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Click on each button to learn more.						1
	2	3	4	5	6	8
			 Health Fair LBT2 10AM-2:00PM	Voya in Operator Lounges LBT2: 9am - 12pm LBT1: 1pm - 3pm		
	9	10	11	12	13	15
16	17	18	19	20	21	22
			 Health Fair LBT1 10AM-2:00PM	Voya at LBTCO (In ODA Office) 9am-3pm		
23	24	25	26	27	28	29
30	31					

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