



October 2026 Wellness Calendar

Women's Health



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Click on each button to learn more.		Women's Health Month Presentations UnitedHealthcare: Women's Health UnitedHealthcare: Understanding Menopause		1 Voya in Operator Lounges LBT2: 9am - 12pm LBT1: 1pm - 3pm	2	3
4	5	6	7	8	9	10 Aquarium of the Pacific 5K & Breakfast
11	12	13	14	15 Voya at LBTCO (In ODA Office) 9am-3pm	16	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.