



September 2026 Wellness Calendar

Emotional Wellbeing



 Click on each button to learn more.

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

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**.