



November 2026 Wellness Calendar

Diabetes Awareness & Healthy Holidays



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Click on each button to learn more.	2	3 Diabetes Awareness Presentations UnitedHealthcare: Understanding Diabetes UnitedHealthcare: Pre-diabetes: Prevent diabetes	4  	5 Voya in Operator Lounges LBT2: 9am - 12pm LBT1: 1pm - 3pm	6	7
8	9	10	11	12	13	14
15	16	17	18 EAP Seminar Healthy Eating - Balanced, Mindful & Budget-Friendly LBTCO 11am-12pm 	19 Voya at LBTCO (In ODA Office) 9am-3pm	20	21
22	23	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.