



## 2017 Healthy Connections

Kenneth Hahn Hall Of Administration , 500 W. Temple Street, Los Angeles --- Room B-62  
 Select Thursdays, 12:00pm – 12:50pm

January 12	Ready, Set, Goal! Develop Healthy Habits	Kaiser Permanente
January 26	Cervical Cancer Awareness	UnitedHealthcare
February 9	Anger Management: How to Control & Prevent	Cigna
February 23	Heart Health Month	Anthem Blue Cross
March 16	Eat This Not That: Let's get Fooducated!	UnitedHealthcare
April 20	Fitness Band Fun: Full-body Workout	Kaiser Permanente
May 11	Women's Health: What You Need to Know	UnitedHealthcare
May 25	Summer Nutrition and Recipes: Live Food Demos & Samples	Anthem Blue Cross
June 15	Men's Health Month: Preventive Care	Cigna
July 20	Type II Diabetes : Causes & Prevention	Cigna
August 17	Caring for Aging Parents: The Sandwich Generation	EAP
September 21	Fuel Your Body: Eat Well Tips	Kaiser Permanente
October 12	Linking Dental & Overall Health	MetLife
October 19	Breast Cancer Awareness	Anthem Blue Cross
November 9	Nutritious and Tasty Holiday Recipes: Live Food Demos & Samples	Kaiser Permanente
December 7	Staying Healthy in Mind and Body During the Holiday Season	United Healthcare

For more information, contact your Department's Wellness Manager