



2018 HEALTHY CONNECTIONS

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

For more information, contact your Department's Wellness Manager

January 11

**Financial Wellness:
Understanding Wills
& Trusts**

Sponsor: Cigna

January 25

**Cervical Cancer
Awareness:
Ten Common Signs
& Symptoms**

Sponsor: Anthem Blue Cross

February 8

**Managing Anger
in the Workplace**

Sponsor: Cigna

February 22

Healthy Heart, Healthy You!

Sponsor: Kaiser Permanente

March 15

**Improve Your Health,
Start from the Inside Out**

Sponsor: UnitedHealthcare

April 19

Fitness Band Bonanza

Get your workout on!

Sponsor: Kaiser Permanente

May 10

Women's Health Week

Taking Control of Your Health

Sponsor: Anthem Blue Cross

May 24

Summer Nutrition/Recipes

Live food demos & samples

Sponsor: UnitedHealthcare

June 14

Prostate Cancer

Get Tested or Not?

Sponsor: Cigna

July 19

Workplace Ergonomics 101

Posture, Motion, Stretching

Sponsor: Cigna

August 16

Caring for Aging Parents

The sandwich generation

Sponsor: EAP

September 20

Eating Lean, Mean, & Green

Sponsor: UnitedHealthcare

October 11

**Stopping Pre-Diabetes
in its Tracks!**

Sponsor: Kaiser Permanente

October 18

Knowledge is Power

Beating Breast Cancer

Sponsor: Anthem Blue Cross

November 8

Healthy and Tasty

Holiday Recipes

Live food demos & samples

Sponsor: Kaiser Permanente

December 6

Mental Well Being

Caring for Your

Emotional Health

Sponsor: UnitedHealthcare

