



2019 HEALTHY CONNECTIONS

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

For more information, contact your Department's Wellness Manager

January 17

Taking Care of YourSELF

Sleep, Exercise, Love, & Food

Sponsor: Kaiser Permanente

January 31

Eat, Sleep, Beat Cancer, Repeat

Lifestyle Risk Factors

Sponsor: Cigna

February 14

Heart Health

Blood Pressure & Cholesterol

Sponsor: Anthem Blue Cross

February 28

Work Life Balance

Mindfulness & Meditation

Sponsor: UnitedHealthcare

March 21

Financial Wellness*

Understanding Wills & Trusts

Sponsor: Cigna/MetLife

April 11

Fitness Band Bonanza

Full Body Workout

Sponsor: Kaiser Permanente

May 9

Venus & Mars

Differences between Men & Women's Health

Sponsor: UnitedHealthcare

May 23

Summer Nutrition & Recipes

Live food demos & samples

Sponsor: Anthem Blue Cross

June 20

Spread Thin

The Sandwich Generation

Sponsor: Kaiser Permanente

July 18

Summer Refreshers

Recipes and Samples

Sponsor: UnitedHealthcare

August 22

Time Management

Work Smarter, Not Harder

Sponsor: Anthem Blue Cross

September 12

Super Foods & Super Moves

Sponsor: UnitedHealthcare

October 10

Killing Cancer

Reduce Risks with Diet and Exercise

Sponsor: Kaiser Permanente

October 24

Diabetes & Hypertension

The Lethal Combination

Sponsor: Anthem Blue Cross

November 7

Nutritious & Tasty Holiday Recipes

Live food demos & samples

Sponsor: Kaiser Permanente

December 5

Stress Management & Healthy Minds

Sponsor: UnitedHealthcare



Updated 5/2019