



# 2020 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 16**

**Financial Wellness**

Understanding Wills & Trusts  
Sponsor: Cigna & MetLife  
(BOS Hearing Room)

**January 30**

**Eat, Sleep, & Exercise.**

Prevent Cancer & Dementia  
Sponsor: Cigna

**February 13**

**Time Management**

Work Smarter, Not Harder  
Sponsor: Anthem Blue Cross

**February 27**

**Mindfulness & Meditation**

Lower Blood Pressure &  
Prevent Heart Disease Naturally  
Sponsor: UnitedHealthcare

**March 19**

**Fitness Band Bonanza**

Full Body Workout  
Sponsor: Kaiser Permanente

**April 16**

**Spread Thin**

The Sandwich Generation  
Sponsor: EAP

**May 14**

**Workplace Ergonomics**

Tips to Reduce Discomfort  
& Fatigue  
Sponsor: CEO Risk Management

**May 28**

**Summer Nutrition/Recipes**

Live food demos & samples  
Sponsor: Anthem Blue Cross

**June 18**

**Work Life Balance**

How to Achieve in a  
Stressful World  
Sponsor: Kaiser Permanente

**July 16**

**Summer Refreshers**

Recipes & Samples  
Sponsor: UnitedHealthcare

**August 20**

**Self-Care**

How to Take Better Care of  
Your Mind, Body, & Spirit  
Sponsor: Anthem Blue Cross

**September 17**

**Super Foods & Super Moves**

Sponsor: UnitedHealthcare

**October 15**

**Trust Your Gut**

Managing Digestive Issues &  
Irritable Bowel Syndrome  
Sponsor: Cigna

**October 29**

**Working with Difficult People**

Sponsor: Anthem Blue Cross

**November 19**

**Nutritious & Tasty**

**Holiday Recipes**  
Live food demos & samples  
Sponsor: Kaiser Permanente

**December 10**

**Stress Management &  
Healthy Minds**

Sponsor: Kaiser Permanente



Los Angeles County  
DEPARTMENT OF

**Human Resources**



For your mental, physical, and financial well-being.