



WELLNESS CALENDAR | JULY 2022



SU	MO	TU	WE	TH	FR	SA
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JULY HEALTH OBSERVANCES

July is National Parks and Recreation Month. Local parks and recreation centers provide a great space for wellness by offering access to physical activities, a connection to nature, and community programs. Visit [LA County Parks & Recreation](#) and take advantage of the array of health and wellness opportunities throughout the year. Go outside and get active but remember to stay safe from harmful ultraviolet (UV) rays. Avoid peak sun exposure times, wear sunglasses and a hat, and cover up with full spectrum sunscreen. **July is National UV Safety Awareness Month**, the perfect timing to read the ultimate [guide to staying safe in the sun](#).



JULY EVENTS & ACTIVITIES

All webinar times are 12 PM unless otherwise stated.

- 4 **INDEPENDENCE DAY**
- 6 [Social Health: What it is and How to Improve Social Wellness](#)
- 7 [Don't Let That Degree Cost More Than Your Home](#)
- 13 [Self-Care: Fight Loneliness Working From Home](#)
- 14 [Go Digital, Go Healthy](#)
- 20 [Making it Work with Difficult Personalities](#)



For all Workplace and Community Programs employee offerings [click here](#).