



Los Angeles
County

Human Resources |

Workplace and Community Programs

WELLNESS CALENDAR | MAY 2023



MAY HEALTH OBSERVANCES

National Employee Health and Fitness Month

May is National Employee Health and Fitness Month which aims to raise awareness of the health benefits of physical activity, improve the health of employees, and reduce the risk of chronic diseases. Employees that participate in workplace wellness programs may benefit from lower stress levels, improved confidence, and better overall health. Join a [wellness webinar](#) or participate in the County's new campaign [Mission: Wellness](#) to Accept the Healthy Habit Challenge and improve your overall health. Employees can also benefit from free, confidential counseling services to address life challenges through the County Employee Assistance Program (EAP) by calling **(213) 433-7202** or emailing EAP@hr.lacounty.gov or by contacting the Life Assistance Program (LAP) at **(800) 538-3543**.

National Lupus Awareness Month

Lupus is a chronic autoimmune disease that causes pain and inflammation in the body. Common symptoms include a butterfly-shaped rash on the cheeks and nose, pain or swelling in the joints, and fatigue. Lupus is more common among African American, Latinx, Asian, and Native American women between the ages of 15 and 44 and is often misdiagnosed. To learn more and help raise awareness about lupus, visit the [Lupus Foundation of America](#).

MAY WELLNESS CALENDAR

Webinars are from Noon-1 pm unless otherwise noted.



All wellness webinars from **April 6 to September 30** qualify for the 2023 Countywide Wellness Challenge - Virtual Edition rewards. For more information, [click here](#).



Exercise & Fitness



Sponsored by KAISER PERMANENTE

Refresh, Renew, Repair Yoga -30 MINUTES

Join this webinar to learn how to practice restorative yoga from your desk or workspace for all levels of ability to stretch and lengthen your spine, increase blood flow, and release tension. Discover the benefits of yoga and tips to incorporate a daily practice into your busy day.

[Register Here](#)



Sponsored by GROUP BENEFIT SOLUTIONS

Basics of Estate Planning

Join this webinar to learn how estate planning allows you to make arrangements for your property, possessions, disability and medical care, and decide guardianship for minor children.

[Register Here](#)



Mental Health & Self-Care



Sponsored by KAISER PERMANENTE

Finding Your Joy

Discover how evidence-based practices such as kindness, empathy, and gratitude can foster social and emotional well-being. Learn practical strategies to nurture your own happiness and create a realistic action plan to cultivate joy.

[Register Here](#)



Sponsored by GROUP BENEFIT SOLUTIONS

Protecting Your Assets

How much and what kinds of insurance do we really need? Dive into some of the common and not-as-common insurance policies available to help protect you and your hard earned assets.

[Register Here](#)



Mental Health & Self-Care



Sponsored by Anthem

Kaizen Method- Small Changes Lead to Big Results

Kaizen, in Japanese, describes the process by which small continuous improvements over time can create big transformations. Join this presentation to learn how modest changes can lead to big results and help you achieve your goals.

[Register Here](#)



Food & Nutrition



Sponsored by Anthem

Eating to Reduce Diabetes Risks

About 9 in 10 cases of Type 2 Diabetes in the U.S. can be avoided by making lifestyle changes, including modifying your diet. Join us to learn how adding plant-based foods, increasing fiber, and incorporating healthy fats into your meals can lower your risk of developing diabetes and assist in maintaining a healthy weight.

[Register Here](#)

Client Code: COLA777



Scan this QR code or visit [Employee Wellness](#) for the complete 2023 webinar schedule



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