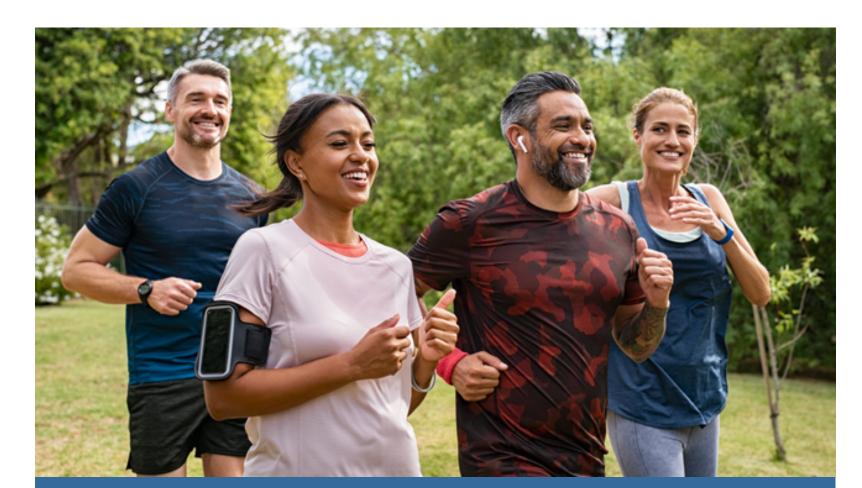
## WELLNESS CALENDAR | MAY 2023



## 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.





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





## **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**











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







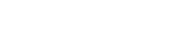


## **Protecting Your Assets** How much and what kinds of insurance

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





## **Small Changes Lead** to Big Results Kaizen, in Japanese, describes the

Kaizen Method-

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

# **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 plantbased 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





employee offerings click here.







