



Los Angeles
County



Human Resources

Workplace and Community Programs

WELLNESS CALENDAR | FEBRUARY 2024



| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 28 | 29 | 30 | 31 | 1 | 2 | 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 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

FEBRUARY EVENTS & ACTIVITIES

FEBRUARY HEALTH OBSERVANCES

American Heart Month is the time to encourage individuals to focus on their cardiovascular health. This year, the American Heart Month campaign focuses on [women and heart disease](#), as their symptoms can be more subtle, resulting in delayed diagnosis, treatment, or death. Visit the [National Heart, Lung, and Blood Institute's website](#) and join the [Show Love for Your Heart](#) webinar to learn heart-healthy lifestyle habits and how to reduce your risk.



All webinar times are 12 PM unless otherwise stated.



[Saving Your Way to a Less Stressful Life](#)



[The Symptoms of Burnout and How to Take Action](#)



[Student Loan Repayment Strategies - Part 1](#)



[Show Love for Your Heart](#)



[Dental Health & Nutrition Tips](#)



[Food & Mood](#)



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