



Los Angeles
County

Human Resources



Workforce Wellbeing Programs

WELLNESS CALENDAR | APRIL 2025



S	M	T	W	T	F	S
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	30	1	2	3

All webinar times are 12 PM unless otherwise stated.

HEALTH OBSERVANCES

National Autism Awareness Month

National Autism Awareness Month raises awareness of the challenges and strengths associated with autism, as well as the importance of acceptance, inclusion, and support of neurodiversity in schools, workplaces, and communities. Discover information and resources for early identification of autism and support services for families and caregivers.

Resources:

For more information, signs, and symptoms:
[Autism Speaks](#)

Eligibility for Services: [Help Me Grow LA](#)

Stress Awareness Month

Stress Awareness Month highlights the impact of stress on your mental and physical health and overall well-being. Learn how mindfulness, physical activity, self-care, and other stress management techniques can help reduce stress and improve well-being.

Resources:

Utilize [stress management tips](#) to reduce stress for a healthier version of you

Learn healthy ways to cope with stress:
[Centers for Disease Control and Prevention](#)

Sign up for our upcoming webinar:
[How Stress & Nutrition Affect Your Health](#)

Physical Wellness Month

Physical Wellness Month encourages individuals to take action to enhance their physical health. Incorporating healthy habits including exercising, eating a balanced diet, and scheduling regular check-ups supports your overall physical health, reduces the risks of developing chronic conditions, and promotes well-being.

Resources:

Learn [nutrition tips](#) for every stage of life

Explore the National Institutes of Health's
[Physical Wellness Toolkit](#)

Sign up for our upcoming webinar:
[Building Fitness into Your Day](#)

[Strategies for 10,000 steps A Day](#)

EVENTS & ACTIVITIES



[Ultimate Balancing Act: A Healthy Work/Life Balance](#)



[How Stress & Nutrition Affect Your Health](#)



[Planning for Higher Education: Options for Financing College](#)



[Basics of Estate Planning](#)



[Building Fitness Into Your Day](#)



[Strategies for 10,000 Steps A Day](#)



For all Workforce Wellbeing Programs employee offerings [click here](#).