



Los Angeles
County



Human Resources

Workforce Wellbeing Programs

WELLNESS CALENDAR | JANUARY 2025



S	M	T	W	T	F	S
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	30	31	1

All webinar times are 12 PM unless otherwise stated.

HEALTH OBSERVANCES

National Blood Donor Month

Highlights the critical need for blood donations during the winter months when supplies often drop. Your donation could help save a life!

Resources:

Learn more about blood donation:
[American Red Cross](#)

Find a donation site: [HERE](#)

National Birth Defects Prevention Month

Raises awareness about birth defects, their causes, and prevention strategies – emphasizing the importance of healthy lifestyle choices, early prenatal care, and education to support healthier pregnancies.

Resources:

Learn about common birth defects: [HERE](#)

Preventive measures:

[Centers for Disease Control and Prevention](#)

How you can support: [March of Dimes](#)

Financial Wellness Month

Promotes financial literacy and encourages individuals to take control of their finances by setting goals and building sustainable habits for long-term financial stability.

Resources:

Financial Educational Webinars:
[Workforce Wellbeing Programs](#)

Empower Retirement:

[Retirement Planning Webinars](#)

Sign up for our upcoming webinar:

[Moving from Financial Stress to Success](#)

EVENTS & ACTIVITIES



[The Power of Small Changes: Creating Healthy Self-Care Habits](#)



[Cervical Cancer: What You Need to Know](#)



[Moving from Financial Stress to Success](#)



[Disease and Weight Management](#)



[Spring, Jump, Leap: Just Move!](#)



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