



Los Angeles County

Human Resources



Workplace and Community Programs

WELLNESS CALENDAR | APRIL 2024



S	M	T	W	T	F	S
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	4
5	6	7	8	9	10	11

APRIL EVENTS & ACTIVITIES

APRIL HEALTH OBSERVANCES

National Public Health Week runs from April 1st to 7th and recognizes the importance of protecting and nurturing the health of our residents to build stronger, healthier, and more resilient communities. Stop the Bleed, Mental Health First Aid, and Naloxone trainings. Learn about events highlighting this year's theme, Protecting, Connecting, and Thriving: We Are All Public Health, at the [Department of Public Health website](#). Get involved by participating in the [Community Readiness Champions](#) program to take online and in-person trainings such as Hands-only CPR/AED (Automated External Defibrillator),

April is **National Stress Awareness Month**, a time to prioritize your well-being by educating yourself on the symptoms of stress and discovering strategies to conquer it. Learn more about the [signs of increased stress](#), discover [ways to cope](#), and take a [stress screener test](#) to assess your risk. Register to attend the [Stress Less for Better Health](#) webinar on April 25th to learn more about the effects of stress on your body.

Physical Wellness Month encourages individuals to prioritize physical health through exercise, proper nutrition, and self-care practices. Start incorporating movement into your day and access resources to support positive eating habits and self-care routines by signing up to participate in one or more of the Mission: Wellness challenges – learn more [here](#). Discover how you take small steps toward improving your overall health and well-being by attending the [Ready, Set, Goal: Creating Healthy Habits](#) webinar on April 11th.

All webinar times are 12 PM unless otherwise stated.

- APRIL 11** [Ready, Set Goal: Creating Healthy Habits](#)
- APRIL 16** [Basics of Estate Planning](#)
- APRIL 18** [Love your Heart, Love your Health](#)
- APRIL 23** [Paying Off Debt While Building Wealth](#)
- APRIL 24** [Habits for a Healthy Weight and a Healthy Body](#)
- APRIL 25** [Stress Less for Better Health](#)



All wellness webinars from **April 1 to September 30** qualify for the 2024 Countywide Wellness Challenge - Virtual Edition rewards. For more information, [click here](#).



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