

December

Wellness Events

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Managing Your Money in Tough Times Webinar 2-3PM	2 Nutrition Webinar 3-4PM Nutrition Participant Guide	3 Smoking Cessation Webinar 10-11AM Smoking Cessation Participant Guide	4	5
6	7	8 Unconscious Bias Webinar 11AM-12PM	9	10 Voya: Take Advantage of Additional Tax Savings Webinar 9-9:30AM Eat Well Webinar 1-2PM	11	12
13	14	15 Insomnia Webinar 2-3PM Insomnia Participant Guide	16	17 Compassion Fatigue Webinar 3-4PM Compassion Fatigue Participant Guide	18	19
20	21	22 Voya: Strategies to Manage and Eliminate Your Debt Webinar 1-1:30PM	23	24 Holiday Closure	25 Holiday Closure	26
27	28 City Furlough	29 City Furlough	30 City Furlough	31 Holiday Closure		

Questions? Email HRBenefits@sanjoseca.gov | [Wellness Events Page](#)