

May

Wellness Events

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Anthem <u>Overcoming Burnout</u> 11AM-12:00PM Passcode: 1Vwbk93xY93	7	8
9	10	11 Voya: <u>Balancing Your Spending & Saving</u> 1 PM – 1:30 PM	12	13 Voya: <u>6 Tips for Spring Cleaning your Finances</u> 11 AM-11:30 AM	14	15
16	17	18 Kaiser: <u>Yum! Plant-Based Meal Prep</u> 12PM-1PM <u>Passcode Thrive123</u>	19	20	21	22
23	24	25 Voya: <u>Investing 101</u> 1 PM – 1:30 PM	26 MHN <u>Enhancing Work-Life Balance</u> Class Handbook 11AM-12:00PM	27 Voya: <u>Investing 101</u> 9AM-9:30AM	28	29
30	31					

Questions? Email HRBenefits@sanjoseca.gov | [Wellness Events Page](#)
 Some classes include handouts, please check the [Wellness Events Page](#) for any class materials.