

July

Wellness Events

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Voya Brown Bag: <u>Deferred Compensation 101</u> 11AM-12PM	8	9	10
11	12	13	14 MHN: <u>The Attitude of Gratitude Class Handout</u> 11AM-12PM	15	16	17
18	19	20 Voya Brown Bag: <u>VEBA Plans 101</u> 11AM-12PM	21	22 Kaiser: <u>Building Healthy Meals</u> 12PM – 1PM Passcode: Thrive123	23	24
25	26	27 Anthem: <u>Conquering Fear & Anxiety</u> 11AM-12PM Password: 21RurIFMd1L	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.