

October

Wellness & Open Enrollment Events

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Walktober Challenge Begins	1 2
3	4	5	6	7	Registration for Walktober Challenge Ends	8 9
10	11	12	13 *Kaiser: Power of Meditation 12PM – 1PM	14	15	16
17	18 Open Enrollment (OE) Begins! Anthem OE Webinar 12PM-1PM	19 MHN: Relaxation Strategies for Managing Stress 11AM-12PM Password: 378779	20 OE Town Hall 9AM -10AM Anthem Virtual OE Office Hours Kaiser OE Webinar 12PM – 1PM	21 Kaiser Virtual OE Office Hours	22 Anthem Virtual OE Office Hours	23
24	25 Anthem OE Webinar 12PM-1PM CSJ Virtual Health & Wellness Expo Begins Password is OE2022	26 Voya Brown Bag: VEBA Plans 101 11AM-12PM Kaiser OE Webinar 1PM – 2PM	27 Anthem: Eating Right For Life 12PM – 1PM Password: tMUcgtMa9UL OE Town Hall 2PM– 3PM Anthem Virtual OE Office Hours	28 Kaiser Virtual OE Office Hours	29	30
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Questions? Email HRBenefits@sanjoseca.gov | [Wellness Events Page](#)

Some classes include handouts, please check the [Wellness Events Page](#) for any class materials.

*Participants must use Google Chrome or Microsoft Edge browsers – this webinar platform does not work in Internet Explorer.