

# October

## Wellness & Open Enrollment Events

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2
						1 2
3	4	5	6	7	8	9
						8 9
10	11	12	13	14	15	16
			*Kaiser: <a href="#">Power of Meditation</a> 12PM – 1PM			15 16
17	18	19	20	21	22	23
	Open Enrollment (OE) Begins!  <a href="#">Anthem OE Webinar</a> 12PM-1PM	MHN: <a href="#">Relaxation Strategies for Managing Stress</a> 11AM-12PM Password: 378779	<a href="#">OE Town Hall</a> 9AM -10AM  <a href="#">Anthem Virtual OE Office Hours</a>  <a href="#">Kaiser OE Webinar</a> 12PM – 1PM	<a href="#">Kaiser Virtual OE Office Hours</a>	<a href="#">Anthem Virtual OE Office Hours</a>	22 23
24	25	26	27	28	29	30
	<a href="#">Anthem OE Webinar</a> 12PM-1PM  <a href="#">CSJ Virtual Health &amp; Wellness Expo Begins</a> Password is OE2022	Voya Brown Bag: <a href="#">VEBA Plans 101</a> 11AM-12PM <a href="#">Kaiser OE Webinar</a> 1PM – 2PM	Anthem: <a href="#">Eating Right For Life</a> 12PM – 1PM Password: tMUcgtMa9UL <a href="#">OE Town Hall</a> 2PM– 3PM  <a href="#">Anthem Virtual OE Office Hours</a>	<a href="#">Kaiser Virtual OE Office Hours</a>		29 30
31						

Questions? Email [HRBenefits@sanjoseca.gov](mailto: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.