

May

Wellness Events

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 MHN: Walking for Longevity 12PM – 1PM Password: 903275	11 Delta Dental: Oral Health & Wellness 12PM – 1PM	12	13	14
15	16	17	18 Anthem: Emotional Eating 12PM – 1PM Password: dgglDH3qtWk	19 Delta Dental: Oral Health & Wellness 12PM – 1PM	20	21
22	23	24 MHN: Building Resilience 12PM – 1PM Password: 722741	25 *Kaiser: Practicing Self Care 11 AM – 12 PM	26 Voya Brown Bag: Deferred Compensation Investments 101 11 AM – 12PM	27	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.

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