

October

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Walktober Begins!	4	5	6	7 Last Day to Register for Walktober!	8
9	10	11	12 Kaiser: Resiliency in Action 12pm-1pm	13	14	15
16	17	18 MNH: Strategies for Positive Thinking Passcode: 585458 11 am – 12 pm Participation Guide	19 Benefits Fair 10:30am-2pm City Hall Rotunda Flu Shots in Wing/Committee Rooms 118-120 (masks required)	20 Kaiser Office Hours 9 am -12 pm HR 1x1 Office Hours 10am-12pm, 3pm-5pm	21 Anthem Office Hours 10 am – 1pm	22
23	24 HR 1x1 Office Hours 9am-11am, 1pm-3pm	25 Kaiser Webinar 12pm-1pm OE Townhall- 3 pm – 4 pm	26 Anthem OE Webinar 12 pm -1 pm Passcode: sj3FDU Anthem: Stress Reduction Tool Bag Password: WLANSAj7d82 11 am – 12 pm HR 1x1 Office Hours 9am-11am, 1pm-3pm	27 Kaiser Office Hours 1 pm – 4 pm HR 1x1 Office Hours 9am-11am, 1pm-3pm	28 Anthem Office Hours 9 am – 12 pm	29
30	31 Anthem Webinar 11 am -12pm Passcode: K6hB6n	1 Kaiser Webinar 11am-12pm Anthem Office Hours 1pm-4pm	2 Retiree Health Fair 10 am – 2 pm OE Townhall 9 am – 10 am	3 Kaiser Office Hours 10 am – 1 pm	4	

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.