


# November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Voya: <a href="#">Brown Bag – VEBA 101</a></b> <b>11am-12pm</b> <a href="#">Kaiser Webinar 11am-12pm</a> <a href="#">Anthem Office Hours 1pm-4pm</a> <a href="#">HR 1x1 Office Hours 9am-12pm, 1pm-3pm</a>	2 <a href="#">OE Townhall 9am – 10am</a>  <a href="#">HR 1x1 Office Hours 10am-12pm, 1pm-3pm</a>	3 <a href="#">Kaiser Office Hours 10 am – 1 pm</a>  <a href="#">HR 1x1 Office Hours 10am-11am, 1pm-3pm</a>	4 <a href="#">Walktober – Last Day to Log Hours</a>  <a href="#">HR 1x1 Office Hours 8am-10am</a> <b>Last Day for Open Enrollment. Open Enrollment Closes at 7 pm!</b>	5
6	7	8 <b>MHN: <a href="#">Enhancing Wellness through Resilience &amp; Work-Life Balance</a></b> <b>Passcode: 226313</b> <b>12pm – 1pm</b>	9 <a href="#">Walktober Townhall Celebration</a> <b>2:00 pm – 2:30 pm</b>	10	11	12
13	14	15	16	17 <b>Kaiser: <a href="#">Healthy Habits</a></b> <b>12pm -1pm</b>	18	19
20	21	22	23	24 	25	26
27	28 <b>Citywide Meditation Series Begins Today!</b>	29 <b>Anthem: <a href="#">Staying Strong &amp; Resilient</a></b> <b>12 pm – 1pm</b> <b>Password: 8jqZQ2sqsoj</b>	30			

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.