

# February 2023

## Wellness Events

### Heart Healthy Month

| Monday                                                                                                                                                  | Tuesday                                                                                                                                              | Wednesday                                                                                   | Thursday                                                                                                                                                               | Friday                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|                                                                                                                                                         |                                                                                                                                                      | 1                                                                                           | 2                                                                                                                                                                      | 3                                                                                         |
| 6<br>                                                                  | 7                                                                                                                                                    | 8                                                                                           | 9                                                                                                                                                                      | 10<br> |
| 13<br><b><u>Eating Right for Life - Anthem</u></b><br>12pm-1pm<br><b>PW:</b> z8xFwBrVI43<br><b>Audio:</b> +1-408-418-9388<br><b>Code:</b> 2634 239 2148 | 14                                                                                                                                                   | 15<br><b><u>Technology's Impact on Your Child's Mental Health - Concern</u></b><br>12pm-1pm | 16<br><b><u>Jumpstart to a Healthier You - Concern</u></b><br>12pm-1pm<br>(*Participation Guide)<br><br><b><u>457 Plan Catch-Up Provisions - VOYA</u></b><br>11am-12pm | 17                                                                                        |
| 20<br><b>President's Day Holiday</b>                                                                                                                    | 21                                                                                                                                                   | 22                                                                                          | 23                                                                                                                                                                     | 24                                                                                        |
| 27<br><b><u>Stroke Prevention - Kaiser</u></b><br>12pm-1pm                                                                                              | 28<br><b><u>Your Healthy Heart - Anthem</u></b><br>12pm-1pm<br><b>PW:</b> 7Vb6FxmG5XV<br><b>Audio:</b> +1-408-418-9388<br><b>Code:</b> 2630 540 8366 | 1<br><b><u>Strategies for Weight Control - Concern</u></b><br>12pm-1pm                      | 2                                                                                                                                                                      | 3                                                                                         |

Questions? Email [HRBenefits@sanjoseca.gov](mailto:HRBenefits@sanjoseca.gov) | [Wellness Events Page](#)

\*Some classes include handouts, please email [HRBenefits@sanjoseca.gov](mailto:HRBenefits@sanjoseca.gov) for any class materials.

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