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LIVEwell
Practical Wellness. Abundant Support.



APRIL 2023
NEWSLETTER

Celebrate International Earth Day on April 22nd!

International
EARTH DAY
22 APRIL
2023



Our planet is an amazing place, but it needs our help to thrive! That's why each year on April 22nd, more than a billion people celebrate **Earth Day** to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter, being mindful of your electricity & water usage, recycling, or planting trees - we're making our world a happier, healthier place to live!

LIVEwell invites you to complete the activity, "[Be Eco-Friendly this Earth Month](#)", by starting a new green habit between April 1st and April 30th. You'll earn **50 points** toward your wellness rewards, and also something far more meaningful: the satisfaction that comes from investing your time and energy into cleaning, repairing, and improving our planet. Click [HERE](#) to get started today!

LA Sanitation & Environment: Food Drive 2023

LA SANITATION & ENVIRONMENT

An illustration of a brown cardboard box overflowing with various food items like a carton of milk, a bottle of juice, a can of soup, a jar of jam, a tomato, and a bag of snacks. Two hands, one blue-gloved and one orange-gloved, are shown holding the box. The box has a logo for "environment LASANITATION CITY OF LOS ANGELES".

2023
Food Drive
MARCH 6 - APRIL 28

non-perishable items only!

LA Sanitation & Environment's City Facilities Recycling Program (CFRP) will be collecting non-perishable food for those in need. Complete the [2023 Food Drive activity](#) in the **LIVEwell** platform to earn **25 points!**

Visit a confirmed public or employee drop-off location, Monday - Friday, between 9am - 4pm to donate canned goods, food in jars, packaged foods, and/or shelf-stable beverages.

Check out the LA Sanitation & Environment [Food Drive Flyer](#) for more information!

Check out the NEW Friday morning Zoom class!

LIVEwell April Zoom Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Tai-Chi Hip-Hop Dance Fusion	Cardio Kick Boxing Stretching Core Conditioning	Barre Fitness Meditation Fun Boot Camp	Beginner Zumba Stretching Circuit Training	NEW Stretch & De-stress Functional Fitness

Morning Class

6:00 a.m. to 6:30 a.m.

Lunch Time Classes

12:00 noon to 12:30 p.m.

Mid-Afternoon Stretch/Meditation

Break

3:00 p.m. to 3:15 p.m.

Evening Classes

5:30 p.m. to 6:00 p.m.

Bring the energy into the start of your weekend with a new 6am "Stretch & De-stress" class!

REGISTER HERE

ACCESS CODE: **LIVWELL2023**

Visit LIVEwell.la for the full schedule and class description.

2023 Step Challenge Congrats!



Fire Supplies & Maintenance = 3,002,471

Desposito = 2,167,208

LAPL Expo Steppers = 2,335,303

Orca Nation = 2,356,286

Quads of Fury = 2,695,581

This year was our highest turnout yet, with over 550 participants joining 145 teams.

64 teams reached the goal of 1 million steps or more! Congratulations to everyone who completed the challenge. Look for your medal & dry bag coming soon!

NEW and Upcoming:

April Cooking Demo:

White Cheddar Brussels
Sprouts and Pistachio
Crostini



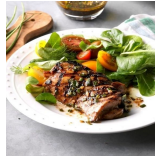
[REGISTER HERE](#)

Wed. April 19th, 2023
5:30 p.m. to 6:15 p.m.

*shopping list will be
provided

On the LIVEwell Social Feed:

Herbed Balsamic
Chicken



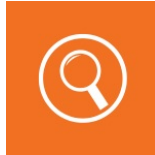
[VIEW RECIPE](#)

*recipe from *Taste of Home*

*New LIVEwell App

'Tool':

Explore Topics



[VIEW RESOURCES](#)

*search for activity topics of
your choice in the app

*New LIVEwell App

Channel:

Healthy Recipe Swap



[VIEW CHANNEL](#)

*share your favorite healthy
recipes with your colleagues

COMING SOON

May Wellness Bingo =

100 pts: in honor of:

"Global Employee
Health & Fitness
Month" and "Mental
Health Awareness
Month"



*fun wellness
challenges all month
long to see how many
Bingo squares you can
complete!

LIVEwell

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Employee Benefits Division Personnel Department

200 N. Spring St., Room 867

Los Angeles, CA 90012

[LIVEwell.la](https://www.livewell.la) (213) 978-1619

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