

Keep reading to learn how you can be entered to win 1 of 10
LIVEwell swag bundles!



LIVEwell
Practical Wellness. Abundant Support.


APRIL 2024
NEWSLETTER

Managing Stress - Solutions for Burnout in the Workplace *Podcast Available Now*



Leaders and employees face multiple stressors and distractions each day at work. When stress lasts long enough at work or home life it can become distressful and burnout may develop. While stress can harm us physically, when it becomes burnout, it harms us emotionally and mentally, negatively impacting productivity.

In this [14-minute podcast](#), the hosts will identify how the workplace can be a source of burnout or can reduce burnout and become a healthy environment. This podcast episode will enhance awareness of burnout for leaders encouraging them to respond with better self-care and care for employees. The discussion focuses on practical steps leaders can take toward prevention and reduction of burnout.

For more resources on managing stress check out resources in the [Monthly Toolkit](#).

Commute Green, LIVEwell!

Commute Green, Live Well

Join our Earth Day campaign to take pride in your sustainable commute, win exciting raffle prizes, and inspire others to embrace a sustainable mobility!



Share photos of your sustainable commute and tag #COMMUTEwell for a chance to win 1 of 10 LIVEwell gift baskets!

This Earth Month, LIVEwell is partnering with COMMUTEwell, to encourage employees to take pride in adopting sustainable commute options such as taking transit, biking/scooter, carpooling, vanpooling, and walking.

You can participate this year and be entered to win one (1) of ten (10) LIVEwell swag bundles! For more information on how to enter, visit the COMMUTEwell website at lacommutewell.com.

Weekly LIVEwell Classes

LIVEwell April Weekly Zoom Class Schedule

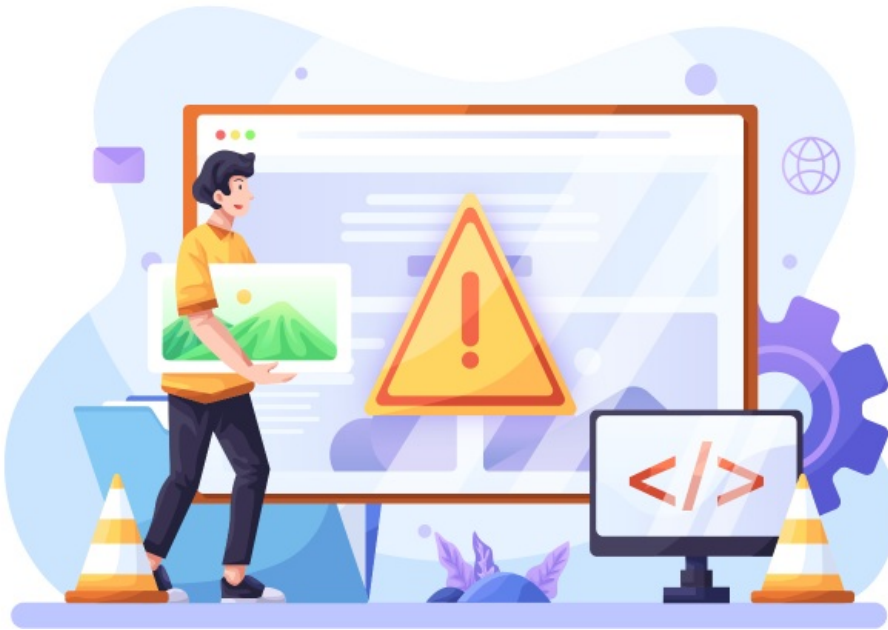
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<i>Pilates</i> 12:00-12:30pm	<i>Cardio Kick Boxing</i> 12:00-12:30pm	<i>Barre</i> 12:00-12:30pm	<i>Hip-Hop Dance Fusion</i> 12:00-12:30pm	<i>Functional Fitness</i> 12:00-12:30pm	<i>Body Sculpt</i> 9:00-9:30am
<i>Tai-Chi</i> 3:00-3:15pm	<i>Stretching</i> 3:00-3:15pm	<i>Meditation</i> 3:00-3:15pm	<i>Stretching</i> 3:00-3:15pm		
<i>Beginner Zumba</i> 5:30-6:00pm	<i>Core Conditioning</i> 5:30-6:00pm	<i>Fun Boot Camp</i> 5:30-6:00pm	<i>Circuit Training</i> 5:30-6:00pm		

REGISTER HERE

ACCESS CODE: **LIVEWELL2024**

View this month's list of classes, class descriptions, and instructions on how to register [here](#).

LIVEwell Online Program Under Construction



Last month, we announced the City is in the process of transitioning to a new wellness platform with a number of new and improved features with an expected go-live date this summer. This transition means that effective March 31, 2024, the Limeade online platform, and the Limeade One mobile app, are no longer available. The wellness platform is just one aspect of the LIVEwell Program, and the other components of the program will remain available during the transition period.

During this transition, you will still be able to access the LIVEwell website, [LIVEwell.la](https://www.livewell.la), where you can:

- Sign-up for weekly online fitness classes and monthly online cooking demonstrations
- Access information about discounts on fitness trackers, gear, and gym memberships
- Find resources available through the Employee and Family Assistance Program (EFAP)
- View current and past LIVEwell Monthly newsletters

Be on the lookout for additional activities like an upcoming team challenge and special on-site fitness classes that will take place in the coming months. We will share additional details about the new wellness platform closer to the go-live date.

Meals & More

Monthly Cooking Demo:

Vegetable Pad Thai
with Marinated Tofu



REGISTER HERE

Wed. April 10th, 2024

5:30 p.m. to 6:15 p.m.

**[Shopping list](#)*

Employee Benefits Division Personnel Department

200 N. Spring St., Room 867

Los Angeles, CA 90012

[LIVEwell.la](https://www.livewell.la)

