

MOTION BY SUPERVISORS LINDSEY P. HORVATH AND
KATHRYN BARGER

August 6, 2024

2024 Countywide Wellness Challenge – Frank G. Bonelli Regional Park and El Cariso Community Regional Park

For over a decade, the County of Los Angeles (County) Department of Human Resources (DHR) has been steadfast in its commitment to improving the overall health of the County workforce by offering health screenings, sharing educational resources, and offering activities designed to motivate employees and their families to adopt and sustain healthier lifestyle practices.

On June 4, 2024, the Board of Supervisors (Board) approved a motion¹ to support the first Countywide Wellness Challenge (CWC) event of 2024 at Rancho Los Amigos National Rehabilitation Center on July 20, 2024. Themed “Journey to Better Health,” the event featured access to health screenings for cholesterol, glucose, and blood pressure, as well as carotid artery and thyroid ultrasounds, bone density, and vision screenings. County employees and their families also engaged in cultural dance sessions, stretching classes, mindfulness activities such as Tai Chi, journaling, sound bath sessions, and

¹ [2024 Countywide Wellness Challenge - Rancho Los Amigos National Rehabilitation Center](#) (Hahn).
June 4, 2024.

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other activities that coupled wellness with creativity.

DHR will host the next two in-person CWC events for employees and their families, the second of which will be held on Saturday, September 14, 2024, at Frank G. Bonelli Regional Park. Themed “Lakeside Retreat,” this CWC event will focus on mental wellness and positive self-care and will provide activities to encourage employees to actively focus on practices that address stress management, support mental well-being, and target illness prevention. The event will feature yoga, tai chi, meditation walks, other mindfulness exercises, water activities, and more.

DHR will host the third CWC event at El Cariso Community Regional Park on Saturday, October 26, 2024, themed “Pathway to Well-Being.” DHR invites employees, along with their families and friends, to participate in holistic wellness activities such as artistic offerings like dance and drawing, mindfulness exercises, nutrition, and financial and physical health resources that support all dimensions of wellness, creating a pathway for employees to achieve total well-being.

These CWC events will be sponsored by the County's health plans, Kaiser Permanente, UnitedHealthcare, Anthem Blue Cross, and Cigna. Our health plan partners will provide resources, health screenings, activities, and services to encourage healthy lifestyle choices that reduce the risk and incidence of chronic conditions and illness, increase employee well-being and productivity, and reduce healthcare costs.

WE, THEREFORE, MOVE that the Board of Supervisors:

1. Encourage Department Heads and Wellness Managers to support attendance at the next two, CWC events:

- a. Saturday, September 14, 2024, at Frank G. Bonelli Regional Park, 120 Via Verde Park Road, San Dimas, CA 91773, from 8:00 a.m. to 12:00 p.m.; and
- b. Saturday, October 26, 2024, at El Cariso Community Regional Park, 1300 Hubbard Street, Sylmar, CA 91342, from 8:00 a.m. to 12:00 p.m.

2. Authorize the Director of Personnel to incur incidental expenses above her delegated authority to pay for event and promotional items for each Countywide Wellness Challenge event at a cost not to exceed \$1,000.00 per event.

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