

MOTION BY SUPERVISOR BARGER

JULY 29, 2025

2025 Countywide Wellness Challenge – Frank G. Bonelli Regional Park and Whittier Narrows Recreation Area

The County of Los Angeles (County) Department of Human Resources (DHR) is dedicated to supporting the health and well-being of the County workforce. Through ongoing initiatives such as the Countywide Wellness Challenge (CWC), DHR provides access to health screenings, educational resources, and engaging wellness activities that inspire employees and their families to adopt healthier lifestyle practices and be better healthcare consumers.

This year, DHR will host two in-person CWC events that highlight the connections between multiple areas of wellness, focusing on how they interact to shape overall well-being. The first CWC event will be held on Saturday, September 13, 2025, at Frank G. Bonelli Regional Park, themed “Wellness & Wealth Retreat,” Cultivating Mental Resilience, Social Connections, and Financial Wellness. The event will encourage prioritizing self-care, relational support, and building financial confidence through curated activities and resources. County employees and their families will engage in various mindfulness exercises, including tai chi, guided stretching and deep breathing, meditation sound baths, gratitude exercises, guided group walks, and financial literacy activities, among others. These activities will encourage participants to explore the impact of gratitude, mindfulness, and financial literacy as powerful tools for reducing stress and building resilience.

The second CWC event will be held on Saturday, October 4, 2025, at Whittier Narrows Recreation Area, themed “Blueprint to Good Health,” Harness the Power of Movement, Nutrition, and Momentum. The event will highlight the connection between exercise and fitness, nutrition, and chronic conditions, encouraging employees to prioritize their physical health through regular exercise and a balanced diet to manage and reduce the risk of developing chronic conditions. It will also feature low to moderate physical activities, including yoga, stretching, dance exercises, and resistance band training, and

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will include interactive nutrition stations providing practical guidance on healthy eating habits and more. Employees and their families will be empowered to adopt healthier lifestyles by integrating physical activity, a balanced diet, and regular health screenings to improve long-term health and vitality.

Both events will be sponsored by the County's health plans: Anthem Blue Cross, Cigna, Kaiser Permanente, and UnitedHealthcare. Our health plan partners will provide resources, health screenings, activities, and services to equip employees with the practical tools and information they need. They will also encourage healthy lifestyle choices that reduce the risk of illness, support physical health, enhance overall well-being, and foster a productive work environment.

I, THEREFORE, MOVE that the Board of Supervisors:

1. Encourage Department Heads and Wellness Managers to support attendance at the following two Countywide Wellness Challenge (CWC) events:
 - a. Saturday, September 13, 2025, at Frank G. Bonelli Regional Park, 120 Via Verde Drive, San Dimas, CA 91773, from 8:00 a.m. to 12:00 p.m.; and
 - b. Saturday, October 4, 2025, at Whittier Narrows Recreation Area, 750 S. Santa Anita Avenue, South El Monte, CA 91733, 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 events and promotional items for each Countywide Wellness Challenge event at a cost not to exceed \$1,000.00 per event.

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