

MOTION BY SUPERVISOR HILDA L. SOLIS

MAY 12, 2026

2026 Countywide Wellness Challenge – Santa Fe Dam Recreational Area and Los Angeles County Arboretum and Botanic Garden

The County of Los Angeles (County) Department of Human Resources (DHR) is committed to supporting the health and well-being of the County workforce. Through initiatives such as the Countywide Wellness Challenge (CWC), DHR creates opportunities for employees and their families to engage in meaningful, enjoyable experiences that promote healthier lifestyles and overall well-being.

In partnership with the Department of Parks and Recreation, DHR will host two in-person wellness events in 2026 designed to inspire employees to take an active role in their physical, mental, and social well-being. These events provide access to wellness resources, health plan partners, and activities aligned with the County’s dimensions of wellness — including physical health, mental wellness and self-care, nutrition, fitness, social, and financial wellness.

The first event will take place on June 13, 2026, at the Santa Fe Dam Recreational Area and will feature a 5K walk/run, “Wellness in Motion: Move More. Feel Better. Boost Vitality.” Open to employees, their families, and friends, this event encourages participants of all fitness levels to get moving and enjoy the outdoors together.

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In addition to the 5K walk/run, attendees can participate in a variety of activities, including yoga, tai chi, and sound bath meditation; explore a farmer's market; visit a kid-friendly activity zone with arts and face painting; and access employee health screenings and wellness resources. Together, these offerings highlight the connection between movement, nutrition, and long-term health, while making wellness both accessible and enjoyable.

The second event, "Pause. Reflect. Renew: Cultivating Balance and Resilience," will be held on October 21, 2026, at the Los Angeles County Arboretum and Botanic Garden. This employee-only experience is designed to provide space for restoration and reflection in a serene, natural setting.

Employees will be invited to explore the gardens, participate in guided mindfulness walks and interactive activities, engage in creative arts experiences, access financial wellness resources, and take advantage of available health screenings. This immersive event supports stress reduction, resilience, and balance — helping employees recharge and return to work and home with renewed energy and focus.

Both events are made possible through the County's health plan partners — Anthem Blue Cross, Cigna, Kaiser Permanente, and United Healthcare — who will provide wellness resources, screenings, and educational opportunities that support informed choices and long-term well-being.

I, THEREFORE, MOVE that the Board of Supervisors:

1. Proclaim June 13, 2026 and October 21, 2026 as Countywide Wellness

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Challenge Days;

2. Encourage County Department Heads and Wellness Managers to support attendance at the following two Countywide Wellness Challenge events:
 - a. Saturday, June 13, 2026, at the Santa Fe Dam Recreation Area, 15501 East Arrow Highway, Irwindale, CA 91706, from 8:00 a.m. to 12:00 p.m.; and
 - b. Wednesday, October 21, 2026, at the Los Angeles County Arboretum and Botanic Garden, 301 North Baldwin Avenue, Arcadia, CA 91007, from 12:00 p.m. to 4:00 p.m.
3. 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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HLS:jgd