



COUNTYWIDE
WELLNESS CHALLENGE

Virtual Edition



GET STARTED TODAY!

To participate, visit the [Employee Wellness Portal](#) to register for an account. If you already have an account, simply log in. Once logged in, go to the Wellness Education page to view eligible webinar recordings and register for live webinars.

RULES, REQUIREMENTS, and FAQs

Visit the [CWC, Virtual Edition](#) page for complete details on registration, participation, eligible webinar recordings, and more.

View select webinar recordings* on the [Employee Wellness Portal](#) to earn credits towards your reward!

EARN A \$50 in REWARD CARD**

Between April 1st and June 30, 2026, participate in a total of four hours (240 credits) of live and/or designated recorded* wellness webinars to earn one \$50 reward card.

*Only recordings located on the Employee Wellness Portal will count towards rewards.

APRIL 2026 CWC VIRTUAL EDITION EDUCATION

APRIL 9	How Stress & Nutrition Affect Your Health	APRIL 21	Strength Train at Your Desk
APRIL 14	Finding your Passion for Fitness	APRIL 23	Basics of Estate Planning
APRIL 15	Five Pillars to Financial Literacy	APRIL 28	Building Fitness Into Your Day

MAY 2026 CWC VIRTUAL EDITION EDUCATION

MAY 5	Refresh, Renew, Repair Chair Yoga	MAY 19	Breaking Free from Credit Card Debt
MAY 7	Women's Health: Maintaining Your Health at Any Age	MAY 21	Eat Well, Live Well
MAY 12	Blood Pressure, Salt, and The Sad Story About Sodium	MAY 26	Planning for Higher Education: Options for Financing College
MAY 14	Obtaining and Maintaining Optimal Body Weight	MAY 28	Wake-Up Cardio and Stretch

JUNE 2026 CWC VIRTUAL EDITION EDUCATION

JUNE 9	Tai Chi	JUNE 23	Watch Your Back: Back Care Basics
JUNE 11	The New Realities of Home Ownership	JUNE 25	Moving from Financial Stress to Success
JUNE 16	Men's Health at Every Age		

APRIL ALL MONTH	To access eligible webinar recordings - log in at lacountygetsfit.com and choose from 30 recordings listed on the Wellness Education Page.
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The *Countywide Wellness Challenge (CWC), Virtual Edition* campaign allows employees to personalize their wellness journey with the opportunity to earn rewards.

**Rewards are limited to employees who are direct subscribers in a County-sponsored medical plan and while supplies last. In accordance with applicable tax law, the reward cards you earn will be reported by the County as taxable wages on your W-2, and applicable payroll taxes will be withheld from your regular pay.

