Physical Wellness
March 2024

This month’s focus is to learn about the City’s Benefit Package related to Physical Wellness.

Register for one or more of the workshops at bit.ly/March2024Registration

Gympass 101
Gympass is one of your wellness benefits that gives you access to gyms and studios, live classes, wellness apps and more at a discounted price. Join us to learn more about this benefit, our partners, and ways you can improve your wellbeing!

Tuesday, March 19, 2024
Virtual Session
12PM - 12:45PM

Thursday, March 28, 2024
Virtual Session
3:30PM - 4:15PM

Carrum Health
Carrum Health is one of your wellness benefits that makes it easier and less expensive to receive the highest-quality surgical and cancer care experience. Join the Carrum Health team to learn more about this special benefit and how we can help you prepare for a better tomorrow. Available for all Anthem PPO members.

Wednesday, March 13, 2024
Virtual Session
12PM - 1PM

Wednesday, March 20, 2024
Virtual Session
12PM - 1PM

Due to popular demand, we are continuing to host the following options throughout the year:

- Long Beach City Employees Federal Credit Union - Scholar Share
  - Virtual 529 College Savings Plan: 3/12 from 12PM - 1PM & 3/14 from 3:30PM - 4:30PM
- MissionSquare Workshops Led by a Certified Financial Planner
  - Virtual 457 Basics: 3/21 from 12PM - 1PM
  - Virtual Financial Planning Basics: 3/27 from 3:30PM - 4:30PM

For more information, contact employee-benefits@longbeach.gov.
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*Please note all the workshops offered in March 2024 will be virtual only.*

- 4: **529 College Savings Plan**
  - 12PM – 1PM

- 5: **Carrum Health 101**
  - 12PM – 1PM

- 6: **529 College Savings Plan**
  - 3:30PM – 4:30PM

- 7: **457 Basics**
  - 12PM – 1PM

- 8: **Gympass 101**
  - 12PM – 12:45PM

- 11: **Gympass 101**
  - 12PM – 12:45PM

- 12: **Carrum Health 101**
  - 12PM – 1PM

- 13: **Carrum Health 101**
  - 12PM – 1PM

- 14: **Gympass 101**
  - 3:30PM – 4:15PM

- 15: **Gympass 101**
  - 3:30PM – 4:15PM

- 18: **Financial Planning Basics**
  - 3:30PM – 4:30PM