

Wellness Tips

Shoes Off: Keep Toxins Outside

Shoes can track in dirt, pesticides, and bacteria from outdoor surfaces into your home. Protect your space and indoor air by removing shoes at the door, using a designated shoe area, and regularly cleaning entryway floors. This simple habit helps reduce what gets brought inside, supports a cleaner environment, and can improve overall well-being over time.

Resources

Eye Site on Wellness

[EyeMed Wellness](#)

- Discounts on vision care and eyewear
- Resources to support healthy vision habits
- Tools to help protect long-term eye health

Webinars

April Lineup

- 7th - Employee Life Insurance Benefits
- 9th - Strength Train at your Desk
- 14th - Maternity Night
- 21st - Wellness, Transit, Tuition & More
- 22nd - Developing a Customer-Focused Attitude
- 23rd - Energizing Cardio
- 29th - Estate Planning Basics

Upcoming Events

April 28

Kaiser Mobile Health
TAD Victorville

April 29

Benefits Pop-Up Tour
Government Center

April 30

Kaiser Mobile Health
CFS San Bernardino

Local Gems

Lake Gregory Mountain Escape

Take a peaceful break at Lake Gregory. Surrounded by trees and fresh mountain air, the park offers scenic walking trails, lakeside views, and a variety of activities. Visitors can enjoy kayaking, paddleboarding, pedal boating, fishing, and seasonal water features. Whether you're taking a walk, getting on the water, or simply stepping away from your routine, it's an easy way to recharge and reset close to home.

Learn more: [Lake Gregory Activities & Rentals](#)

More Info

- [Wellness Home Page](#)
- [Wellness Webinar Schedule](#)
- [Wellness Events](#)
- [Wellness Resources](#)