

OCEA MEMBERS ONLY

RESOURCES FOR YOUR PERSONAL AND PROFESSIONAL LIVES



#TAKE
CARE OF
YOURSELF

COMPREHENSIVE WELL-BEING PROGRAMS FOR A BALANCED LIFE

NOON-1 P.M. WEDNESDAY, AUG. 20, 2025

OCEA ASSEMBLY ROOM, 830 N. ROSS ST., SANTA ANA, CA 92701 ... AND ON ZOOM!

Learn about the following programs that are available to you as a County Employee to support your emotional, physical, financial and environmental/social wellbeing:

- Your Pathway to Wellness Resources
- Wellness Center and Wellness on Wheels Program
- Onsite and Virtual Counseling Services
- Employee Assistance Program—2025 Enhancements and Overview of the Benefits
- OC Rideshare Program

PRESENTED BY



ALSO ON 

CHECK YOUR HOME EMAIL FOR ZOOM MEETING DETAILS.

IN-PERSON SPACE IS LIMITED. PLEASE RSVP BY EMAILING RSVP@OCEA.ORG

Lunch will be provided to those who attend in-person. Complimentary parking available in the Diamond Parking lot in front of OCEA but is limited so please carpool.

THERE IS NO NEED TO RSVP IF YOU ARE JOINING VIA ZOOM