**Your January Webinar Invite**

On Wednesday, January 8th from 12-1 p.m. and Thursday, January 9th from 10-11 a.m. you are invited to attend a wellness webinar offered by ERS.

**1° of Difference: Changing one habit can change your life**

This one-hour workshop dives into human psychology in a fun and interactive way to break down the science of our subconscious behavior (habits). If you’ve ever tried to break a bad habit or create a new habit, you know that it is extremely challenging. Through an understanding of the human brain and what drives our behaviors, we have a better chance of successful change. Based on the most current research in neuroscience and behavior change, this workshop will help participants discover how one degree of change can make a huge difference over time.

**About the Speaker:**

Instructor: Lacy Wolff, MS

Lacy Wolff serves as the Health Promotion Administrator at Employees’ Retirement System of Texas. She is responsible for promoting wellness initiatives that are offered through the Group Benefits Plan to over 500,000 state employees, retirees, and family members. After completing her undergraduate degree in Kinesiology from Texas A&M University, Lacy spent over 12 years supporting the health of the US Army overseas in both Italy and Germany. During that time, she completed her master’s degree in Exercise Science and Health Promotion. In 2014 Lacy left her work for the Army to return home to work for the State of Texas. She has been proud to forge innovative paths to build, sustain and promote health and wellness for Texans!

Registration Links

Jan 8th webinar: <https://attendee.gotowebinar.com/register/5370998156354974475>

January 9th webinar: <https://attendee.gotowebinar.com/register/2136883659298193163>