**May Wellness Webinars**

**HealthSelect Benefit Highlight: What is Real Appeal?**

In this 30 minute webinar you will be given an overview of Real Appeal, a program based on decades of clinical weight loss research focused on simple steps combined with personal tools and support. Join this webinar to learn how to get started and succeed with this program.

**Date:**  Tuesday, May 5, 2020

**Time:**  1-1:30 p.m. CST   
[**Meeting link**](https://rallyhealth.webex.com/rallyhealth/j.php?MTID=me507611d7bd9b5bf3ee2f5e5a0cf262a)

Meeting number (access code): 805 951 027  
Meeting password: realappeal

JOIN BY PHONE  
+1-855-282-6330 US TOLL FREE

**Smashing Stigma and Supporting Mental Health Before, During, and After Crisis**

The stigma surrounding mental health has been longstanding and continues to inhibit mental wellness across every identifiable group. Mental health is affected by innumerable factors, and those stressors are inevitably amplified during times of crisis. This discussion will focus on some of the myths surrounding mental health, and will provide tangible steps one can take to promote mental wellness individually, within families, and within their own units.  
Date:  Thursday, May 7, 2020  
Time:  10:00 am to 11:00 am or 12:00pm to 1:00 pm CST   
Registration links:    
[10:00 am Registration](https://texasdps.webex.com/mw3300/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3300%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dtexasdps%26UID%3D-99999999%26RT%3DMiM3%26siteurl%3Dtexasdps%26apiname%3Dj.php%26MTID%3Dtff31214b33e72f65b783b6a2574678bd%26FM%3D1%26rnd%3D4206549197%26servicename%3DTC%26ED%3D990353527%26needFilter%3Dfalse&siteurl=texasdps)   
[12:00 pm Registration](https://texasdps.webex.com/mw3300/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3300%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dtexasdps%26UID%3D-99999999%26RT%3DMiM3%26siteurl%3Dtexasdps%26apiname%3Dj.php%26MTID%3Dt66e6d18121035d5f44f8e5576b2100fb%26FM%3D1%26rnd%3D5914733836%26servicename%3DTC%26ED%3D990353567%26needFilter%3Dfalse&siteurl=texasdps)

**Financial Fitness for Your Future!**

Financial education is key to understanding and knowing the importance of good credit, how to manage debt, and how to build wealth. It can provide tools and skills that will help you make informed financial decisions that impact your financial, physical, and mental health.  
**Date:**  Thursday, May 13, 2020  
**Time:**  10:00 am to 11:00 am or 12:00pm to 1:00 pm CST   
**Registration links:**    
[**10:00 am Registration**](https://attendee.gotowebinar.com/register/6044578774213435152)   
[**12:00 pm Registration**](https://attendee.gotowebinar.com/register/6304088807135965200)

**Managing Relationships during Challenging Times**

Relationships of all kinds can be hard. Whether it’s with your spouse, parent, child, friend or colleague, maintaining healthy relationships can be challenging. Two of the most important things to remember in managing relationships are setting healthy boundaries and maintaining healthy communication. Due to our restricted movement during the COVID-19 pandemic, some of us are spending more time than usual with our roommates/family and are struggling to maintain healthy boundaries. Others are struggling to stay connected with outside friends, family and work colleagues. This webinar is designed to address these challenges and to offer tips and suggestions on how to overcome these challenges to managing relationships.   
**Date:**  Thursday, May 14, 2020  
**Time:**  10:00 am to 11:00 am or 12:00pm to 1:00 pm CST   
**Registration links:**    
[**10:00 am Registration**](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t100e9e1553aaeeefd237c9b25cd37242)   
[**12:00 pm Registration**](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t5e53f835097708269c3397aee1cc80bd)

**HealthSelect Benefit Highlight: What is Naturally Slim?**

Learn about Naturally Slim, an online program which helps you change how you eat instead of what you eat. Learn the skills to lose weight and keep it off forever while still eating your favorite foods. Plus, you will improve your health and reduce your chance of developing a serious chronic disease, like diabetes or heart disease.

**Date:**  Wednesday, May 20th, 2020

**Time:** 11:30 a.m.-12:00 p.m.

Registration Link: [event.on24.com…](https://event.on24.com/wcc/r/2202623/41ED8A1424D240C48841C87A4852D163)

**Quick Exercise Breaks**

We all know that exercise and physical activity is beneficial. Yet finding effective means that are easy to implement into one’s day can seem challenging . . . until this webinar. During the interactive session, participants will gain insight into a variety of types of effective workouts and be provided links to exercise sessions that can be utilized following the session. Participants will leave with knowledge of how to put their own workouts together based on the discussed components and the examples provided.  
**Date:**  Thursday, May 21, 2020  
**Time:**  10:00 am to 11:00 am or 12:00pm to 1:00 pm CST   
**Registration links:**    
[**10:00 am Registration**](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t9c52943282861f1149673ace1ee8eb54)   
[**12:00 pm Registration**](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t1a0b23b7fbaf3b3df2d5c47a34a8a02f)