November Webinars:

# Thursday, November 12th 10-11 a.m. CST

**Kicking the Habit: Tobacco Free for Me**

## This webinar includes information on:

* the health effects related to tobacco use,
* the addictive forces of nicotine,
* the long-term health benefits of quitting tobacco,
* nicotine withdrawal symptoms,
* smoking cessation tools and
* the dangers of secondhand smoke.

About the Speaker:

***Becky Gillespie, B.S., NASM****, Onsite Wellness Coordinator*,has been with Blue Cross Blue Shield for three years providing support, education and guidance for agencies and higher education institutions that receive benefits through ERS. She has over 30 years of experience in the health and wellness industry including; health and wellness program development, fitness and nutrition program management, health coaching, personal training, and group exercise.

Registration Link: <https://attendee.gotowebinar.com/register/8518686648938209292>

# Thursday, November 19th 10-11 a.m. CST

# **Healthy Holiday Mindset**

Join Lacy Wolff of ERS and Alexis Schminke of DPS as they discuss strategies to embrace the holidays. In this fun and interactive webinar you will receive tips to help you:

-remember what’s really important this holiday season,

- give meaningful gifts that won’t break the bank,

- maintain mental and physical well-being,

- and enjoy your favorite holiday foods without feeling guilty.

We will also debunk some myths and common misconceptions about holiday weight gain!

About the speakers:

Lacy Wolff serves as the Health Promotion Administrator at Employees’ Retirement System of Texas. She is responsible for promoting wellness benefits that are offered through the Texas Employees Group Benefits Program to over 500,000 state agency and higher education institution employees, retirees, and their dependents. 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 earned her Master’s Degree in Health Promotion and Exercise Science from California University of Pennsylvania. In 2014 Lacy returned home to work for the State of Texas, where she served as a Training Specialist at the Texas DPS Training Academy for more than four years before taking on her new role at ERS. She has been proud to forge innovative paths to build, sustain and promote health and wellness for Texans!

Alexis Schminke has served as a Training Specialist at the Texas Department of Public Safety since 2014. She is responsible for coordinating fitness, nutrition, and wellness training for all divisions within the Texas Department of Public Safety. She has also played an integral role in developing the Texas DPS Physical Fitness Institute and the fitness testing protocols that are used by Texas DPS and are being implemented across the state and country. Alexis holds an undergraduate degree from the University of Colorado in Pueblo, where she was also a collegiate volleyball player. She is a Certified Holistic Nutritionist, Certified Nutrition and Wellness Consultant, Certified Weight Management Specialist, Functional Diagnostic Nutrition Practitioner, National Academy of Sports Medicine (NASM) - Certified Personal Trainer and Corrective Exercise Specialist, Cooper Certified Law Enforcement Fitness Specialist, USA Weightlifting Sports Performance Coach. Alexis is passionate about connecting with people to help them eat healthy so they can function optimally, increase energy, and take care of their bodies.

Registration Link:

<https://attendee.gotowebinar.com/register/903753888473269772>