**September Social Media Posts**

**Theme: Work-Life Balance**

**Social Media Post #1**

Work-life balance can be challenging right now. Join us on September 10th for an hour-long webinar with child development specialist, Lara Pauley, M.Ed. for a webinar titled *Working and Learning at Home with Young Children* tolearn strategies to help your children (under 8 years) thrive. [Register here!](https://attendee.gotowebinar.com/register/573006495929840398)

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**Social Media Post #2**

Struggling to connect as a family? Check out conversation starters at Family Dinner Project’s website. [www.familydinnerproject.org](http://www.familydinnerproject.org) [no picture needed]

**Social Media Post #3**

Mindfulness is a skill that can help us to find balance, and it can be learned! Join Lacy Wolff, ERS Health Promotion Administrator, as she discusses the science and strategies to help you get started in the hour-long [Intro to Mindfulness Webinar](https://register.gotowebinar.com/register/6146980692794989839) on September 16.



**Social Media Post #4**

Join us September 24th for a webinar featuring Dr. Dana Labat, Ph.D., Clinical Psychologist and mental health subject matter expert for Naturally Slim, as she discusses practical strategies to deal with today’s stressors. You can register for *Positive Ways to Deal with Today’s Stressors* and more through our [ERS Wellness Events Calendar.](https://ers.texas.gov/Event-Calendars/Wellness-Events)

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