April Social Media Posts

**Social Media Post #1**

Join us for a 3-part Yoga for Stress Reduction Series featuring Chris Young from TxDOT. Classes will be held Wednesday mornings from 9-9:30 a.m. CT on April 13th, 20th, and 27th. Join with this Zoom Link <https://us02web.zoom.us/j/82475723763?pwd=NHdpS2NzTlhBQks2WFJBaXltKzV4UT09>



**Social Media Post #2**

Join us for a webinar on strategies to manage financial stress featuring experts from the Office of Consumer Credit Commissioner on April 13th from 10-11 a.m. CT.

Registration Link: <https://attendee.gotowebinar.com/register/2541781034298838544>



**Social Media Post #3**

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| Join us for “A Life of Happiness And Fulfillment” featuring Prof. Raj Raghunathan. Prof Raj is a professor of Marketing at the McCombs School of Business at The University of Texas at Austin.  Throughout his career he has given a few TED talks, and is the author of the popular book, "If You’re So Smart, Why Aren’t You Happy?". This webinar is on April 21, 2022 from 10-11 a.m. CTRegistration link: <https://register.gotowebinar.com/register/2592411345793733648> **Social Media Post #4**Join us for “Building Healthy Workplace Relationships & a Supportive Culture” featuring LTC David Yebra (US Army Ret.) on April 28th, 2022 from 10-11 a.m. CT. This webinar will provide insightful discussion on leadership principles and ways to create a cohesive, healthy culture. Registration link: <https://register.gotowebinar.com/register/3546367425202627087>  |

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