June Email to Employees: Great Outdoors & Men’s Health

Subject line: Great Outdoors & Men’s Health

Dear XXXXX employees,

School is out, it is getting warmer each day, and outdoor adventures are all around us! This month, you can learn about how to enjoy our beautiful state parks by tuning into a recent episode of the [ERS Walk & Talk podcast](https://erswalkandtalk.buzzsprout.com/) and an [upcoming webinar, both featuring Tara Humphreys](https://attendee.gotowebinar.com/register/297805354445344091), Field Interpretation Coordinator for Texas State Parks.

Also, in the month of June we celebrate the men in our lives. Men often don’t prioritize their health through preventive health services or routine screenings. This month, on June 29th, you can attend a webinar featuring Dr. Alex Lesko, Chief Medical Officer at Blue Cross and Blue Shield of Texas (BCBSTX) for HealthSelect plans, talk [about Men’s Health: Live Better, Longer](https://attendee.gotowebinar.com/register/7190736107992810589). Whether you are a man, or love a man, this webinar will provide you resources and valuable insights on men’s health issues.

Through [the ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events) **and the attached flyer** [attached June events flyer] you will also find links to the BCBSTX Fitness and Nutrition Connect Communities and various webinars that will help you better understand your health and wellness.

Please let me know if you have any questions or concerns!

Sincerely,

Your wellness coordinator