August 2022 Email to Employees

August: Financial Fitness

Hello XXXX Employees,

With the cost of fuel and food and generally everything, most of us are feeling increasingly stressed about finances. If you are experiencing extra stress, please know that you are not alone! A recent survey conducted by the American Psychological Association said that Americans are more stressed about money than they’ve ever been.

While we are unable to control inflation, we can work on building strong financial habits to help us thrive in these challenging times.

There are some great events coming up this month on topics related to financial wellness including:

**Am I eligible for Public Service Loan Forgiveness? How can I apply? Ask the experts at Trellis**:

 [August 8th 12-1 p.m. CT](https://register.gotowebinar.com/register/4010207403077640208)

 [August 18th 10-11 a.m. CT](https://attendee.gotowebinar.com/register/5015209409376690701)

**Eating well on a Budget** featuring Holly Cuozzo of Texas DPS

 [August 11th 10-11 a.m. CT](https://attendee.gotowebinar.com/register/8711354085545382155)

**Self-Leadership & Your Financial Journey** featuring Lt. Lynn Floyd of Texas DPS

 [August 25th 10-11 a.m.](https://attendee.gotowebinar.com/register/4769798414033217804)

You can register for these events and more through the [ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events).

Please direct questions regarding these events to wellness@ers.texas.gov

Thanks for all you do!

In health,

 Your Wellness Coordinator