

December 2024 Newsletter Content

Webinar: Gratitude: Science & Practical Application Join Lacy Wolff to learn how gratitude affects your brain and ways to integrate it into your daily life. Register through the [Gratitude Webinar Registration link](#)

Join a challenge: Join this year's 5-Day Gratitude Challenge taking place from December 9-13 from 9-9:15 a.m. CT daily via Zoom. Sign up through the Gratitude challenge and learn strategies to build a daily practice and be inspired through storytelling and engaging conversation: [registration link](#)

Fitness & Nutrition Connect Community: Connect with others for healthy discussions! In this month's Fitness & Nutrition Connect Community calls Liz, Valerie and Kristi will discuss how you can use gratitude to support your fitness and nutrition habits. Access Fitness & Nutrition Connect Community through the [ERS Wellness Calendar](#).