

# DECEMBER 2024

## All about Gratitude



### Gratitude: Science and Practical Application webinar

**Dec. 5, 10 a.m. CT**

ERS Coordinator for Statewide Well-being Initiatives Lacy Wolff teaches you how gratitude affects your brain and ways to integrate it into each day.

[Register](#)

### Join our Benefit Highlight Sessions

These quick sessions will show you how to use innovative tools to improve your health, all through technology you already have.



Hello Heart

**Dec. 4, 10 a.m. CT**



Learn to Live

**Dec. 11, 10 a.m. CT**



Hinge Health

**Dec. 18, 10 a.m. CT**



### 5-day Gratitude Challenge

**Dec. 9-13, 9-9:15 a.m. CT via Zoom**

The virtual gratitude challenge teaches you strategies to build a daily practice. Let us inspire you with storytelling and engaging conversation.

[Register](#)

### Fitness and Nutrition Connect Community Calls

Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion.

### Fitness Connect Community: Improve your fitness with the power of gratitude

**Dec. 10, 10 a.m. CT**

[Register.](#)

### Nutrition Connect Community:

#### Attitude of Gratitude: Self-love through food

**Dec. 17, 10 a.m. CT**

[Register.](#)