January 2024 Employee Email Template

Subject Line: January 2024: Start Strong Together!

Dear [Agency or HEI] Team,

As we kick off the New Year, we're excited to share some fantastic, no-cost opportunities to support your mental and physical well-being in 2024. We hope you will take advantage of some of these resources as you reflect on your goals and aspirations for a healthy 2024.

**January Webinars:**

**Beyond Bookshelves: The Role of Libraries in your Well-being**

January 11, 2024, 10-11 a.m. CT

Explore how your local library can be a dynamic tool for education, research, and relaxation.

[[Beyond Bookshelves registration link]](https://attendee.gotowebinar.com/register/8941042075784009824)

**Thrive by Design: Building Strong Habits in 2024**

January 18, 2024, 10-11 a.m. CT

Join Lacy Wolff, Coordinator for Statewide Well-being Initiatives at ERS, in this virtual workshop on building strong habits for a fulfilling year.

[[Thrive by Design Registration Link]](https://attendee.gotowebinar.com/register/1631879100996320857)

**Join the Get Fit Texas! Challenge** January 22to March 31, 2024: Participate in this agency-to-agency competition, aiming for 150 minutes of physical activity per week for at least 6 of the 10 weeks. **Registration opens January 18th**. [[Get Fit Texas! Challenge Link](https://getfittexas.org/)]

**Read an Article (<3 min read):** "Be the Change you Want to See in your Life": Learn about identity-based habits and systems to reach your goals in 2024. [[Article Link]](https://ers.texas.gov/news/be-the-change-you-want-to-see-in-your-life)

**Download a habit tracker:** Kickstart 2024 with a free digital habit tracker – an evidence-based tool for creating behavior change. [[Habit Tracker Link]](https://ers.texas.gov/wellness-resources/wellness-coordinators/wellness-toolkits/january/habit-tracker-checklist)

**Start a healthy lifestyle program:** HealthSelect or Consumer Directed HealthSelect participants can join a no-cost program supporting nutrition, physical activity, sleep, and stress. Explore [Wondr Health](https://enroll.wondrhealth.com/start?s=HealthSelect) and [Real Appeal](https://realappeal.com/healthselect?utm_source=referral&utm_medium=print&utm_campaign=healthselect) for more information.

**DAILY FITNESS & WELLNESS**: Keep moving during January for free! Join fitness and mindfulness sessions via Zoom, led by fitness instructors who are also state employees. Check out the full calendar of events [[here]](http://wellness.texas.gov/Challenge.htm) to join from anywhere.

We encourage you to take advantage of these opportunities to connect, learn, and grow in 2024. Your well-being is important, and I look forward to supporting you in achieving a healthy and fulfilling year.

Best regards,

Your Signature