November 2022 Employee Email

Dear XXXX employees,

I hope you are enjoying the slightly cooler weather, fall colors, and the anticipation the upcoming holidays! The holiday season offers an opportunity to reflect on the year we’ve had and look forward to what’s next. As you reflect, we hope you take an inventory of your own mental, physical, and emotional well-being… and that you are aware of the many benefits available to support you this holiday season.

During November, we hope you can take some time to attend one of these upcoming wellness events:

* November 8, 10-10:15 CST- [Fitness Connect Community: Keep Moving Through the Holidays](https://web.cvent.com/event/f94bd78d-2f72-40f4-a125-e6d698ad0039/)
* November 10, 10-11 a.m. CST- [Healthy Holiday Mindset with Lacy Wolff & Jewell Smith](https://attendee.gotowebinar.com/register/1511181302586564878)
* November 16, 10-1:45 a.m. CST [Journey to Wellness: Getting to know your wellness benefits](https://cvent.me/qvn9NV)

IF you missed this year’s virtual Wellness Fair, you can still access all of the content through the [Adapt & Thrive 2022 Virtual Wellness Channel.](https://www.gotostage.com/channel/virtual-wellness-2022)

For a fun way to stay active through the holidays, you may want to look at the virtual fitness opportunities available through the [Work Well Texas Fitness Calendar](http://www.wellness.texas.gov/Challenge.htm). Fitness instructors from multiple agencies are collaborating to help keep us connected and moving!

As always, please let me know if you have questions or concerns.

Happy holidays!

Your wellness Coordinator