September 2023 Employee Email

Dear [Agency Name] Employees,

This month we're focusing on a very important topic– our brain health! This month there are a variety of events and resources to help you boost your brain health and overall wellness.

Here are some of the opportunities available to support your brain health this month:

* [Fitness Connect Community: Fitness for Brain Health](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D163881721) (Sept. 12, 10 - 10:15 a.m. CT)
* [Nutrition Connect Community: Nutrition for Brain Health](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D163791946) (Sept. 26, 10 - 10:15 a.m. CT)
* ["Building Better Brain Health" Webinar with Valerie Johnson](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D169633533) (Sept. 28, 10 - 11 a.m. CT)

And, there are a few great opportunities to learn how to maximize your health plan benefits:

* [Blue Access for Members Portal Tour](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D167348954) (Sept. 19, 10 - 10:30 a.m. CT)
* [Journey to Wellness: Wellness Benefits Overview](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D164261935) (Sept. 20, 10-10:45 a.m. CT)

Also, a reminder that **the More Health, More WELLTH** Financial Wellness Campaign kicks off Sept. 18th. Subscribe to receive information via text by texting "TXERS Wellth" to 468-311.

Thank you for your dedication to well-being.

Warm regards,

[Your Signature]