June 2021 Wellness Email

Subject line: June Wellness Update

Dear XXX employees,

Summer has arrived and we are starting to get back to many of our regular routines. While things may never be exactly as they were pre-pandemic, we are establishing our new normal. While we (humans) are highly adaptable, change can still be difficult. One of the best ways to deal with all of this change is to maintain our connections and take time for the things that can support our health. This month we have lots of opportunities to connect and establish healthy routines.

We are teaming up with Employees Retirement System of Texas, Texas Parks and Wildlife, and Texas Department of Public Safety to share several wellness events designed to help you successfully navigate the complex changes we are facing, enjoy the outdoors, and better understand men’s health issues.

Please check out the attached flyer for more information and direct registration links. Attach Event flyer

In health,

Your wellness Coordinator