August 2023 Email to Employees

August: Financial Fitness

Hello XXXX Employees,

Achieving financial wellness is more than numbers and budgets; it’s about gaining control over your future, reducing stress, and having the freedom to pursue your hobbies and dreams with confidence. While we are unable to control inflation, we can work to build strong financial habits to help us thrive in all of the stages of life.

There are some great events coming up this month on topics related to financial wellness that we encourage you to attend:

* August 17th 10-11:00 a.m. CT: [Baby Steps to Financial Freedom featuring Nick Daugherty](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D168406528)
* August 24th 10-11:00 a.m. CT: [Building Healthy Financial Habits with Patricia Hord](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D168406963)
* Also, you can sign-up for the [More Health, More Wellth!](https://www.eventbrite.com/e/more-health-more-wellth-4-week-campaign-tickets-680967089897?aff=oddtdtcreator) 4-week Financial Wellness Campaign Starting September 18th. Each week you will receive tips, tricks and resources to support your financial health via text, email or both!

You can register for these events and more through the [ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events).

Please direct questions regarding these events to wellness@ers.texas.gov

Thanks for all you do!
In health,

 Your Wellness Coordinator