



DECEMBER WELLNESS OPPORTUNITIES 2023

Webinars:



Gratitude: Science & Practical Application Webinar
December 7
10-11 a.m. CT

[Register](#)



Mental Health during the Holidays Webinar with Dana Haulotte
December 14
10-11 a.m. CT

[Register](#)



Journey to Wellness: HealthSelect Wellness Benefits Overview
December 20
10-10:45 a.m. CT

[Register](#)

Join the Challenge!



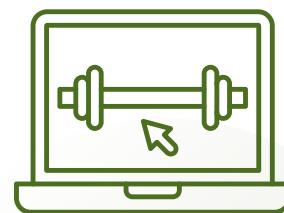
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Resources:



[Listen](#)

Virtual Fitness



[Access](#)

For more wellness opportunities check out the [ERS Wellness Webpage](#)