February Copy/Paste Email for wellness coordinators

Subject: Wear Red Day!

Dear [Insert your agency or Higher Education Institution] employees,

February is recognized as Heart Health month. Heart disease is still the number one killer in the United States and this month we want to focus on simple steps we can all take to improve heart health every day.

ERS is hosting several webinars this month that will focus on this topic. We encourage you to register for one of them through the [ERS Wellness Events Calendar](https://ers.texas.gov/event-calendars/wellness-events). Optional addition: Submit your certificate of attendance to HR for training hours, time off, wellness tickets or other incentive you may offer.

In observance of this important issue, we are encouraging all employees to wear red on Friday, February 7th. Take photos of your creative red attire personally or in teams (in person, or through virtual meetings) and share them with wellness@ers.texas.gov [or use your own email address]

For more information on this important topic please read the attached article. [Attach article and webinar flyer]

Optional reminder if your group is participating: Keep logging your fitness time in through [www.getfittexas.org](http://www.getfittexas.org) Taking time for physical activity is one of the best things we can do for our mental and physical health!

Please let me know if you have any questions or concerns.

Sincerely,

Your wellness coordinator