January 2021 Social Media Posts



**Post #1**

“It’s Time Y’all!” Join us for an inspirational talk with Baker Harrell, Ph.D. and get your 2021 off to a good start! On **January 7 at 10 a.m.** Baker will help you connect the dots between your “*why,”* and your current health behavior with a presentation that blends humor, storytelling, and strategic action ideas to promote growth and positive change.

[Registration Link](https://register.gotowebinar.com/register/3678980611541313038)

**Post #2**

Forget resolutions. Learn how to change your habits for lasting change, instead! Join Lacy Wolff on **January 14 at 9:30 a.m**. for “***1 Degree of Difference”***to learn more about strategies that work. Register for this webinar now through the ERS [Wellness Events Calendar](https://www.ers.texas.gov/Event-Calendars/Wellness-Events).

**Post #3**

Go with the flow! Join us for ***“Flow: Strategies to optimize performance and build resilience”*** on January 21 at 10 a.m. featuring Albert Lucio, a Child Protective Services case worker for the Texas Department of Family and Protective Services. Albert is a master of the flow state and an internationally recognized sand sculptor and magician. This webinar will give you an understanding of the importance of work-life balance and strategies to find flow in your own life.

[Registration Link](https://attendee.gotowebinar.com/register/7861796622020428816)