

# JANUARY EVENTS: STARTING STRONG IN 2023



Topics & Registration Links:



**January 10**  
**Fitness Connect**  
**Community Call**  
10:00 – 10:15 a.m. CT  
[Registration Link](#)



**January 12**  
**1° of Difference:**  
**Tiny Habits Make**  
**a BIG Impact**  
10:00 – 11:00 a.m. CT  
[Registration Link](#)



**January 24**  
**Nutrition Connect**  
**Community Call**  
10:00 – 10:15 a.m. CT  
[Registration Link](#)

## Get Fit Texas Info

Join the DSHS sponsored agency-to-agency fitness challenge!

Goal: 150 minutes per week of physical activity for at least 6 of the 10 weeks of the Challenge

Registration Opens January 16th

Challenge Begins January 23rd

Register through the [Event Page](#)



## Weight Management Programs

HealthSelect participants have access to two no cost behavior change programs.



[Learn more & apply.](#)



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