

January: WELLNESS OPPORTUNITIES 2024



Life Events:



**Beyond Bookshelves:
the Role of Libraries
in Your Well-being**

January 11
10-11 a.m. CT

[Register](#)



**Thrive by Design:
Building Strong Habits
in 2024**

January 18
10-11 a.m. CT

[Register](#)



**Virtual Fitness
Classes Daily
over Zoom for
State Employees**

[Access the calendar](#)

Join the challenge!



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Join a Healthy Lifestyle Program



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Learn more about all of our wellness offerings through the [ERS Wellness webpage](#).