November 2021 Social Media Posts

**Social Media Post #1**

Get into the holiday spirit with a fun and interactive webinar, ***Healthy Holiday Mindset,*** on Nov. 17th at 10:00 a.m. CST. Get inspired with Lacy Wolff of ERS and Alexis Schminke of DPS as they discuss strategies for remembering what’s most important, thinking up gift ideas that won't break the bank, and maintaining your physical and mental health. They also debunk some common myths about weight gain during the holidays.

Register through this link: <https://register.gotowebinar.com/register/7214834092013310221>



**Social Media Post #2**

If you, or one of your family members is interested in quitting tobacco, please join us on Nov. 18th at 10 a.m. CST for ***Kicking the Habit: Tobacco free for me***, a free webinar that will provide evidence-based strategies and resources for quitting tobacco. Learn more through this link: <https://ers.texas.gov/event-calendars/wellness-events?trumbaEmbed=view%3Devent%26eventid%3D156471794>

