



NOVEMBER: HEALTHY HOLIDAY MINDSET 2022



November 2
Get to Know Your
HealthSelect Benefits:
Well onTarget Coaching

10:30 – 11:00 a.m. CT
[Registration Link](#)



November 8
Fitness Connect Community:
Keep Moving Through the
Holidays

10 – 10:15 a.m. CT
[Registration Link](#)



November 10
Healthy Holiday
Mindset with Lacy Wolff
& Jewell Smith

10:00 – 11:00 a.m. CT
[Registration Link](#)



November 16
Journey to Wellness
HealthSelect Benefits
Overview

10:00 – 10:45 a.m. CT
[Registration Link](#)



Virtual Fitness
All MONTH!
Zumba, Yoga, Strength
Training and more!

[Virtual Fitness Calendar Link](#)



Recordings of all of the
2022 Virtual Wellness Fair
Events are now available!

[Adapt & Thrive Event Channel](#)