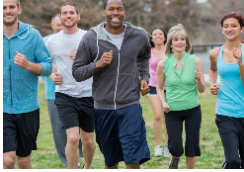


By Lacy Wolff, ERS Health Promotion Administrator

As you prepare for the holiday season, don't forget to take care of you! Join us this month for wellness opportunities to support your mental and physical well-being.



Keep moving during the holidays: Check in with the Fitness Connect Community and the Blue Cross and Blue Shield of Texas (BCBSTX) wellness team Nov. 14, 10 - 10:15 a.m. CT. See the full schedule of events and register for sessions through the [ERS Wellness Events Calendar](#).



Journey to wellness: HealthSelect Wellness Benefits Overview Join the BCBSTX team Nov. 15, 10-10:45 a.m. CT, for an overview of your Well on Target portal, Blue Points, the Fitness Program and more! Register through the [ERS Wellness Events Calendar](#).



Healthy Holiday Mindset: Join Lacy Wolff and Jewell Smith Nov. 16, 10 - 11 a.m. CT, to discuss ways to embrace the holidays. In this fun and interactive webinar you'll get tips to help you remember what's really important this holiday season, give gifts that won't break the bank and maintain your mental and physical well-being. Learn more and register through the [Healthy Holiday Mindset registration link](#).



New! Train your brain with 10-minute mindfulness meditation sessions: Join Lacy Wolff on Tuesdays and Thursdays in November, from 10-10:15 a.m. Lacy Wolff leads mindfulness meditation via Zoom. Check out the full calendar of events including Zumba, yoga, strength training and more at the [Work Well Texas Fitness Calendar](#).



It's not too late! If you missed the **2023 Virtual Wellness Fair** you can still access all sessions, concerts and the [virtual swag bag](#). Access recordings through the [2023 Virtual Wellness Fair Event Channel](#).