

NOVEMBER: HEALTHY HOLIDAY MINDSET 2023



November 14
**Fitness Connect Community:
Keep Moving Through
the Holidays**
10-10:15 a.m. CT
[Register](#)



November 15
**Journey to Wellness
HealthSelect Benefits
Overview**
10-10:45 a.m. CT
[Register](#)



November 16
**Healthy Holiday Mindset with
Lacy Wolff and Jewell Smith**
10-11 a.m. CT
[Register](#)



Virtual Fitness All MONTH!
**Zumba, mindfulness, yoga,
strength training and more!**
[Virtual Fitness Calendar Link](#)



**It's not too late! Access all
recordings from this year's
Virtual Wellness Fair**
[Access the event](#)
[Download the swag bag](#)

