

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



Holiday Schedule

11-23-2023 Thanksgiving

11-24-2023 Day after Thanksgiving

12-25-2024 Christmas Day 12-26-2024 Christmas Day

12-20-2024 Chinstillas Day

1-1-2024 New Year's Day

1-15-2024 Martin Luther King, Jr. Day

1-19-2024 Confederate Heroes Day (skeleton crew)

2-19-2024 Texas Independence Day

