September Email: Work-Life Balance

Dear XXXX employees,

September is a time of transition and is in many ways has a “new year” feel. With students going back to school and fall sports in full swing, your schedule may be overloaded and occasionally overwhelming. All of this hustle-bustle can overload our brains and leave us feeling depleted of energy.

This month we are focusing on our brain health and ways we can manage and recharge our cognitive (brain) energy. Learn more about our brains and how we can take care of them by participating in any of the upcoming webinars:

**September 8, 2022 10-11:00 a.m. CT,** [Curious About Brain Health? Ask a Neuroscientist! With Russell Frohardt, Ph.D.](https://register.gotowebinar.com/register/971494814774380559)

**September 22, 2022 10-11:00 a.m. CT** [Mindfulness & Your Brain with Lacy Wolff, MS](https://register.gotowebinar.com/#register/8969532610744843791)

**September 29, 2022 10-11:00 a.m. CT** [Sleep Well! Understanding Sleep & your Brain with Lacy Wolff, MS](https://register.gotowebinar.com/register/8547508162151728909)

Also, there are two more opportunities to ask questions about the federal Public Service Loan Forgiveness (PSLF) Program with experts from Trellis. If you have student loans, you may be eligible to apply for loan forgiveness under a PSLF waiver that expires October 31st. Register for these and more events through the [ERS Wellness Events Calendar.](https://ers.texas.gov/Event-Calendars/Wellness-Events) Learn more about the PSLF waiver [here](https://www.ers.texas.gov/news/got-federal-student-loan-debt-trellis-answers-your-questions-about-the-public-service-loan-forgiven).

[Attach flyer and include any incentive opportunities you provide]

Thanks for all you do!

Sincerely,

Your Wellness Coordinator