

# SEPTEMBER: BRAIN HEALTH 2022



**September 8**  
**Curious about  
Brain Health? Ask a  
Neuroscientist!**

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



**September 13**  
**Fitness Connect  
Community:  
Fitness & Your Brain**

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



**September 21**  
**Journey to Wellness  
HealthSelect Benefits  
Overview**

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



**September 22**  
**Mindfulness &  
your Brain  
with Lacy Wolff**

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



**September 29**  
**Sleep Well! Understanding  
Sleep and Your Brain  
with Lacy Wolff**

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



**Virtual Fitness  
All MONTH!**  
**Zumba, Yoga, Strength  
Training, Posture Reset,  
Chair Fitness and more!**

[Virtual Fitness Calendar Link](#)

See the full list of offering through the [ERS Wellness Events Calendar](#), including two additional webinars for student loan borrowers interested in the federal Public Service Loan Forgiveness Program.