

# December 2024

## All About Gratitude



**WHAT:** Gratitude: Science and Practical Application Webinar  
**WHEN:** **Thursday, December 5, 2024, 9:00am – 9:45am (CT)**  
**WHERE:** Online  
**REGISTER:** [Gratitude: Science and Practical Application Link](#)  
**DETAILS:** In this interactive workshop, participants will learn about the proven benefits and practical application of gratitude.

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**WHAT:** 5-Day Holiday Gratitude Challenge  
**WHEN:** **Monday, December 9 - 13, 2024, 9:00am – 9:15am (CT)**  
**WHERE:** Online  
**REGISTER:** [Holiday Gratitude Challenge Link](#)  
**DETAILS:** The virtual gratitude challenge teaches you strategies to build a daily practice. Get inspired with storytelling and engaging conversation.

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**WHAT:** Attitude of Gratitude: Self-Love through Food  
**WHEN:** **Tuesday, December 17, 2024, 10:00am – 10:15am (CT)**  
**WHERE:** Online  
**REGISTER:** [Nutrition Connect Community Link](#)  
**DETAILS:** Healthy eating is key to a healthy life. Monthly sessions, featuring presentations by BCBSTX wellness consultants, can teach you how to incorporate foods into your daily routine to support your optimal health.

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### Fitness & Nutrition Connect Community Calls!



Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion on topics related to nutrition, fitness and finances! Check out the full schedule of events and register for sessions through the [ERS Wellness Events Calendar](#).

**PLEASE NOTE:** In rare cases, ERS has to cancel or change events due to weather, low registration rates or other issues beyond our control. When possible, we will provide notice of cancellations or changes on the ERS website. If you're planning to attend an event, we encourage you to check our Events webpage the morning of the event for any updates.