

January 2024

Healthy Habits, Happy Work



WHAT: Journey to Wellness: Your Well-being Benefits Explained
WHEN: Wednesday, Jan. 15, 2025, 2 p.m. – 3 p.m. (MT)
WHERE: Microsoft Teams ID: 218 484 351 788 Passcode: GL7U9Fs9
REGISTER: [Join the meeting now](#)
DETAILS: This presentation will introduce you to the wellbeing resources and tools available to you and your covered dependents.



WHAT: Thrive by Design: Fresh Start, New Habits!
WHEN: Thursday, Jan. 16, 2025, 10 a.m. – 11 a.m. (CT)
WHERE: Online
REGISTER: [Thrive by Design Link](#)
DETAILS: The virtual workshop will explore the art of building habits that set the foundation for a fulfilling year.



WHAT: Journey to Wellness: Your Well-being Benefits Explained
WHEN: Wednesday, Jan. 23, 2025, 11 a.m. – Noon (MT)
WHERE: Microsoft Teams ID: 221 441 929 49 Passcode: H6Hq2Kq3
REGISTER: [Join the meeting now](#)
DETAILS: In case you missed the first presentation. This presentation will introduce you to the wellbeing resources and tools available to you and your covered dependents.

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.