



November Webinars

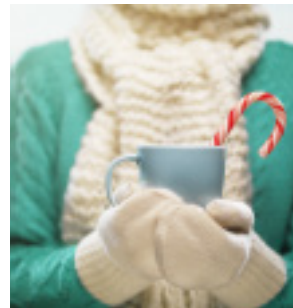


Kicking the Habit: Tobacco Free for Me

With Becky Gillespie of BCBSTX

This webinar includes information on:

- the health effects related to tobacco use,
- the addictive forces of nicotine,
- the long-term health benefits of quitting tobacco,
- nicotine withdrawal symptoms,
- smoking cessation tools and
- the dangers of secondhand smoke.



Healthy Holiday Mindset

With Lacy Wolff of ERS and Alexis Schminke of DPS

Join us for a fun and interactive webinar to get yourself into the holiday spirit. We will discuss strategies to help you remember what is most important, gift ideas that won't break the bank, and strategies to maintain your physical and mental health. We will also debunk some common myths about weight gain during the holidays.

Upcoming State Holidays

- November 11, 2020 Veterans Day (Wed)
- November 26, 2020 Thanksgiving Day (Thurs)
- November 27, 2020 Day After Thanksgiving (Fri)
- December 24, 2020 Christmas Eve (Thurs)
- December 25, 2020 Christmas Day (Fri)
- December 26, 2020 Day after Christmas (Sat)
- January 1, 2021 New Years Day (Fri)
- January 18, 2021 Martin Luther King, Jr. Day (Mon)
- January 19, 2021 Confederate Heroes' Day (Tue)
(skeleton crew required)

From Comptrollers FY2021 Holiday Calendar

Healthy Holiday Inspiration

“The best and most beautiful things in this world cannot be seen or even touched. They must be felt with the heart.”

— Helen Keller