



### Re-entering the Workplace with Grace | June 4 • 10-11 a.m.

As we enter a new phase of life, many people are preparing to, or are in the process of going back to their old workspaces. Working from home has had some positive effects on some, and has been challenging for others. The good news is that humans are highly adaptable. Join us to learn a few strategies to help you process all the change we are facing. In this live and interactive webinar we will discuss ways to face our return to the workplace, understand and manage feelings of fear, and a simple technique to adapt and accept change. Learn more and [register here](#).



### Taking it Outside: Safe ways to Exercise Outdoors | June 10 • 10-11 a.m.

Research shows a strong connection between being in nature and our physical and emotional health. Join us to learn tips and tricks to get the most out of your outdoor workouts. Morgan Prince of the Texas DPS Fitness Wellness team will share principles of exercise programming, safety considerations, and creative ways to exercise in the great outdoors. Learn more and [register here](#).



### 3 Simple Steps to Improve Men's Health | June 17 • 10-11 a.m.

Join Michael Harper, M.Ed. and Senior Instructor Alexis Schminke of Texas DPS' Fitness Wellness Unit to learn more about men's health. Men are more at risk than women of an early death from leading (and preventable) causes, like heart disease and diabetes. The good news is that there are simple steps men can take to help improve their health today! This webinar will focus on simple steps that can help prevent the top threats for men. Learn more and [register here](#).



### The Great Outdoors with Rodney Franklin | June 24 • 1-2 p.m.

The great outdoors are great for your health! Learn why and how to spend more time in nature! Get inspired and informed with this webinar featuring the dynamic Rodney Franklin, Texas State Parks Division Director at the Texas Parks and Wildlife Department. Director Franklin will share his love of the outdoors and strategies for you and your family to enjoy the amazing health benefits of being outside. Simply being in nature has a calming effect on our minds and bodies. We will also get a firsthand look at the many opportunities made available through the State Parks system. Learn more and [register here](#).



### NEW! ERS Walk and Talk Podcast

Now available on through all major podcast platforms.

Join us on a 20-30 minute walk while we talk about health, wellness, and life in general. From the Employees Retirement System of Texas, podcast host Lacy Wolff walks and talks with her mentors, friends, experts and leaders about health and wellness. Learn more through [this site](#), or search **ERS Walk and Talk** through your favorite podcast platform!



### Learn about your wellness benefits!

Each month, we offer opportunities to learn about the many wellness offerings available through the HealthSelect of Texas and Consumer Directed Healthselect plans. From Real Appeal and Wondr Health to the Well onTarget Portal and app, we if you are interested in health improvement we have lots of tools and resources to support you. Register for these events through the [ERS Wellness Events Calendar](#).