March Employee Email Copy

Subject Line: March Wellness Events! National Nutrition Month

Dear [Insert Agency/Higher Ed. Institution} employees,

Feeling healthy in our bodies depends on what and how eat. Recognizing March as National Nutrition Month, we can re-dedicate ourselves to improve our eating habits with support from ERS Wellness Webinars.

In March, ERS is hosting dietitian Lindsey Menge for a cooking demonstration and two hour-long webinars:

March 11th [Plant Power Cooking Demonstration Zoom Link with Lindsey Menge, MS, RD,LD](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D158363922)

March 23 at 10am [Intermittent Fasting & Immunity with Lindsey Menge MS, RD, LD](https://register.gotowebinar.com/register/1663203073053372939)

March 30 at 10am [Eat more Plants! with Lindsey Menge MS, RD, LD](https://register.gotowebinar.com/register/4561150686010507534)

Register at the links above to get inspired and learn easy ways to add delicious produce to your meals or strengthen our immune system with intermittent fasting. I have attached a flyer with more information and direct registration links. ATTACH WEBINAR FLYER FROM TOOLKIT

Also on the [ERS Wellness Events Calendar](https://ers.texas.gov/Event-Calendars/Wellness-Events), you’ll see the regularly scheduled webinars introducing HealthSelect’s no-cost [healthy lifestyle programs](https://youtu.be/UGMOfjSleUs) that can help you improve your eating habits in ways that work for you.

[Optional: if participating in Get Fit Texas] Also, for those participating in the Get Fit Texas Challenge, just a reminder that there are live, online movement opportunities every day (morning and lunchtime) and for every fitness level. Check them out through the calendar feature of the [Get Fit Texas](http://www.getfittexas.org/) webpage. It’s not too late to join! Be sure to log your past and current activities at [www.getfittexas.org](http://www.getfittexas.org)

Please let me know if you have any questions or concerns.

In health,

Your Wellness Coordinator