

DECEMBER: WELLNESS OPPORTUNITIES 2022



December 7
Get to know your
HealthSelect Benefits:
Blue Points

10:00 – 10:15 a.m. CT
[Registration Link](#)



December 8
Gratitude: Science &
Practical Application
Webinar

10:00 – 11:00 a.m. CT
[Registration Link](#)



December 13
Fitness Connect
CommunityMeet Up:
Reflect & Look Forward

10:00 – 10:15 a.m. CT
[Registration Link](#)



December 21
Journey to Wellness:
HealthSelect Wellness
Benefits Overview

10:00 – 10:45 a.m. CT
[Registration Link](#)

Join the Challenge!

The State Employee
Holiday Gratitude Challenge
December 12-16
5 DAYS OF PRACTICE AND
CONNECTION TO BOOST YOUR
HEALTH & HAPPINESS
9-9:15 A.M. DAILY

[Join the Challenge!](#)

Health & well-being resources:



[Listen to a
podcast here](#)



[2022 Virtual
Wellness Fair
recordings](#)



[Wellness
Event
Calendar](#)