



DECEMBER WELLNESS OPPORTUNITIES 2021

Topics & Registration Links:



December 7
**Fitness Connect
Community Meet Up:
Mindfulness Mindset**
10:00 – 10:15 a.m. C.S.T.
[Pre-registration Link](#)



December 9
**Gratitude: Science &
Practical Application
Webinar**
10:00 – 11:00 a.m. C.S.T.
[Pre-registration Link](#)



December 14
**Journey to Wellness:
HealthSelect Wellness
Benefits Overview**
10:00 – 11:00 a.m. C.S.T.
[Pre-registration Link](#)

**The State Employee
Holiday Gratitude Challenge
December 13-17**
5 DAYS OF PRACTICE AND
CONNECTION TO BOOST YOUR
HEALTH & HAPPINESS
9-9:15 A.M. DAILY

Health & well-being resources:



[Listen to
a podcast
here](#)



[2021 Virtual
WellnessFair
recordings](#)



[Wellness
Event
Calendar](#)