

JANUARY WELLNESS OPPORTUNITIES 2022



Topics & Registration Links:



JANUARY 13
**Envisioning Your Future
and Setting Goals
with David Yebra**

10:00 – 11:00 a.m. CT
[Pre-registration Link](#)



JANUARY 19
**Journey to Wellness:
HealthSelect Wellness
Benefits Overview**

10:00 – 11:00 a.m. CT
[Pre-registration Link](#)



JANUARY 20
**1° of Difference:
Changing one habit
can change your life
with Lacy Wolff**

10:00 – 11:00 a.m. CT
[Pre-registration Link](#)

Join the challenge



Register and join [here](#).

Health & well-being resources:



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