

NOVEMBER EVENTS: HEALTHY HOLIDAYS 2021



Topics & Registration Links:



November 9th
Journey to Wellness:
HealthSelect Wellness
Overview

10:00 – 10:45 a.m. C.S.T.
[Pre-registration Link](#)



November 17th
Build a Healthy
Holiday Mindset

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



November 18th
Kicking the habit:
Tobacco free for me

10:00 – 11:00 a.m. C.S.T.
[Event Link](#)

Upcoming State Holidays:

- Thursday, November 11, 2021 VeteransDay
- Thursday, November 25, 2021 ThanksgivingDay
- Friday, November 26, 2021 Day after Thanksgiving
- Friday, December 24, 2021 ChristmasEve Day
- Monday, January 17, 2022 Martin Luther King, Jr. Day
- Wednesday, January 19, 2022 Confederate Heroes' Day
(Skeleton Crew Required)

*full calendar can be found through the [State Comptroller's website](#)

Health & well-being resources:



[Listen to
a podcast
here](#)



[2021 Virtual
WellnessFair
recordings](#)



[Wellness
Event
Calendar](#)