



### Build a resilient, smarter brain with Sandra Bond Chapman, Ph.D. September 9 • 10-11 a.m.




Join us as Dr. Sandra Chapman, Distinguished University Professor and Chief Director of the Center for BrainHealth at UT Dallas, shares groundbreaking research proving we can make our brains smarter and healthier, whatever our starting point. Learn how simple changes can lead to improved productivity, mental energy, stronger health and well-being. No matter what your age, Dr. Chapman will inspire you to use the power of your mind as she provides practical strategies to improve your own brain health. This webinar will be conversational in nature and will provide plenty of time for your questions. Learn more and [register here](#).

### Finding Flow at Work and in Life | September 16 • 10-11 a.m.




Learn how to get in “the zone” and find your flow with flow master Albert Lucio. Lucio is a Texas DFPS Foster Care Development Specialist, internationally recognized sand sculptor and magician who will delve into the powerful benefits of finding your flow as well as the psychology behind the flow state. You will take away from this webinar a working definition of the flow state with practical examples, strategies to find flow both on and off the job, and a connection with other state employees who are interested in optimizing performance. Learn more and [register here](#).

### Enhancing Performance and Productivity in the Modern Workplace September 23 • 10-11 a.m.




Join us as Stephen White, Chief Operating Officer for the Center for BrainHealth at UT Dallas, shares strategies to strengthen your and your organization’s performance through SMART (Strategic Memory Advanced Reasoning Training) principles. Our state workforce is inundated with information, overlapping deadlines and pressure to excel. In this webinar Stephen will provide strategies to help you enhance your brain’s performance and put into practice habits that can capitalize on your brain’s untapped potential. The webinar will be conversational in nature and will provide plenty of time for your questions. Learn more and [register here](#).

### Exercise & Eating with Others! | September 30 • 10-11 a.m.




Find creative and applicable ways to incorporate movement and healthy food with your friends in this session hosted by Alexis Schminke at Texas DPS. Balancing work, family, kids, and school can make taking time to move and sticking to a nutrition plan difficult. Join us to discover strategies to enjoy movement with your family or friends by carving out time that works best for you, eat with friends or co-workers with a mindset that will not compromise satisfaction, and enjoy movement and nutrient-dense foods for the long term by forming habits that will stick. Learn more and [register here](#).

### ERS Walk and Talk Podcast



If you are looking for a way to get active, join us on a 20-30 minute walk while we talk about health, wellness, and life in general. From the Employees Retirement System of Texas, podcast host Lacy Wolff walks and talks with her mentors, friends, experts and leaders about health and wellness. This month we are featuring three of our speakers, Dr. Chapman, Stephen White, and Albert Lucio! The podcast is available through Apple Podcasts, Google Podcasts, Spotify, Amazon Podcasts, and most streaming podcast platforms. Learn more and [listen here](#).

### Learn about your wellness benefits!



If you are interested in learning more about the wellness offerings available to HealthSelect plan participants including Well onTarget, Blue Points, Real Appeal, Wondr Health, and the Fitness Program please join us for the Journey to Wellness Webinar on September 14th at 10 a.m. Learn more and [register here](#).