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| Month | Event | Date/Time | Sign Up |
| August | Nutrition Connect Community: Eating for Emotional Well-being | Tuesday, August 26, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365977> |
| August | Eating Well on a Budget with Holly Cuozzo | Thursday, August 28, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D187352027> |
| September | Suicide Prevention Series: Postvention | Friday, September 5, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188205105>  |
| September |  Fitness Connect Community: Health Benefits of Outdoor Exercise | Tuesday, September 9, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365662>  |
| September | Suicide Prevention Series: Language Matters | Friday, September 12, 2025, 10:30 – 11:30am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188205125>  |
| September |  Journey to Wellness: Your Well-being Benefits Explained | Wednesday, September 17, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179366082> |
| September | Suicide Prevention Series: Voices of Lived Experience: Conversations with Survivors of Suicide Attempt | Friday, September 19, 2025, 10 – 11:30am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188205133>  |
| September | Nutrition Connect Community: Benefits of Gardening: Fresh Nutrition Approaches | Tuesday, September 23, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365993>  |
| September |  Benefit Highlight: Omada for Diabetes | Wednesday, September 24, 2025, 10 – 10:30am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188513885>  |
| September |  Suicide Prevention Series: The Role of Mindfulness in Suicide Prevention | Friday, September 26, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188205205>  |
| October | Fitness Connect Community: Getting back to the Basics! | Tuesday, October 14, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365663>  |
| October | Journey to Wellness: Your Well-being Benefits Explained | Wednesday, October 15, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179366083>  |
| October | Nutrition Connect Community: Embracing Fall Produce | Tuesday, October 28, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365994>  |
| November | Fitness Connect Community: What exercise is good for me? | Tuesday, November 4, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365664>  |
| November | Benefit Highlight: Omada for Diabetes | Wednesday, November 5, 2025, 10 – 10:30am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188513886>  |
| November | Journey to Wellness: Your Well-being Benefits Explained |  Wednesday, November 19, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179366084>  |
| November | Nutrition Connect Community: Healthy Holiday Mindset | Tuesday, November 25, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365996>  |
| December | Fitness Connect Community: An act of Self-Compassion | Tuesday, December 9, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365666>  |
| December | Benefit Highlight: Omada for Diabetes | Wednesday, December 10, 2025, 10 – 10:30am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D188513887>  |
| December | Nutrition Connect Community: Food & Social Connection during the Holidays | Tuesday, December 16, 2025, 10 – 10:15am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179365997>  |
| December | Journey to Wellness: Your Well-being Benefits Explained | Wednesday, December 17, 2025, 10 – 11am | <https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D179366085>  |