

Employee Wellness Sessions

Month	Event	Date/Time	Sign Up
January	Fitness Connect Community	TUESDAY, JANUARY 13, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
January	Buena Vida: 2026 Edition	THURSDAY, JANUARY 15, 2026, 10 – 10:45AM	https://attendee.gotowebinar.com/register/5186961949090940250
January	Tune-In Tuesday Mindfulness	TUESDAY, JANUARY 20, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
January	Wellness Within Reach - A Healthier Tomorrow starts Today	THURSDAY, JANUARY 22, 2026, 10 – 11AM	https://attendee.gotowebinar.com/register/7776094129113833308
January	Nutrition Connect Community	TUESDAY, JANUARY 27, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
February	Fitness Connect Community	TUESDAY, FEBRUARY 10, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
February	Tune-In Tuesday Mindfulness	TUESDAY, FEBRUARY 17, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
February	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, FEBRUARY 18, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
February	Nutrition Connect Community	TUESDAY, FEBRUARY 24, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
February	Fitness for a Healthier You	THURSDAY, FEBRUARY 26, 2026, 10 – 11AM	https://attendee.gotowebinar.com/register/7254190045019863894
March	Fitness Connect Community	TUESDAY, MARCH 10, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
March	Tune-In Tuesday Mindfulness	TUESDAY, MARCH 17, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
March	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, MARCH 18, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration

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March	Nutrition Connect Community	TUESDAY, MARCH 24, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
April	Fitness Connect Community	TUESDAY, APRIL 14, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
April	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, APRIL 15, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
April	Tune-In Tuesday Mindfulness	TUESDAY, APRIL 21, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
April	Nutrition Connect Community	TUESDAY, APRIL 28, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
May	Fitness Connect Community	TUESDAY, MAY 12, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
May	Tune-In Tuesday Mindfulness	TUESDAY, MAY 19, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
May	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, MAY 20, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
May	Nutrition Connect Community	TUESDAY, MAY 26, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
June	Fitness Connect Community	TUESDAY, JUNE 9, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
June	Tune-In Tuesday Mindfulness	TUESDAY, JUNE 16, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
June	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, JUNE 17, 2026, 10 – 11am	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration

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June	Nutrition Connect Community	TUESDAY, JUNE 23, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
July	Fitness Connect Community	TUESDAY, JULY 14, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
July	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, JULY 15, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
July	Tune-In Tuesday Mindfulness	TUESDAY, JULY 21, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
July	Nutrition Connect Community	TUESDAY, JULY 28, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
August	Fitness Connect Community	TUESDAY, AUGUST 11, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
August	Tune-In Tuesday Mindfulness	TUESDAY, AUGUST 18, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
August	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, AUGUST 19, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
August	Nutrition Connect Community	TUESDAY, AUGUST 25, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
September	Fitness Connect Community	TUESDAY, SEPTEMBER 8, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
September	Tune-In Tuesday Mindfulness	TUESDAY, SEPTEMBER 15, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
September	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, SEPTEMBER 16, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration

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October	Fitness Connect Community	TUESDAY, OCTOBER 13, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
October	Tune-In Tuesday Mindfulness	TUESDAY, OCTOBER 20, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
October	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, OCTOBER 21, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
October	Nutrition Connect Community	TUESDAY, OCTOBER 27, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
November	Fitness Connect Community	TUESDAY, NOVEMBER 10, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
November	Tune-In Tuesday Mindfulness	TUESDAY, NOVEMBER 17, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
November	Journey to Wellness: Your Well-being Benefits Explained	WEDNESDAY, NOVEMBER 18, 2026, 10 – 11AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration
November	Nutrition Connect Community	TUESDAY, NOVEMBER 24, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration
December	Fitness Connect Community	TUESDAY, DECEMBER 8, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/XgMvJQ5lQfyAe6Y2aXclRg#/registration
December	Tune-In Tuesday Mindfulness	TUESDAY, DECEMBER 15, 2026, 9 – 9:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/2bKdHfO8TXetjMZppY9aCw
December	Journey to Wellness: Your Well-being Benefits Explained	TUESDAY, DECEMBER 15, 2026, 10 – 10:15AM	https://hrd-txdot.gov.zoomgov.com/meeting/register/6yfimPKsReCzReINdJG9YA#/registration

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December

Nutrition Connect Community

WEDNESDAY, DECEMBER 16,
2026, 10 – 11AM

<https://hrd-tdot-gov.zoomgov.com/meeting/register/TJgclH5fTtm6tusqKZEu6g#/registration>
