



TRS-ActiveCare NEW YEAR, NEW YOU

Tune in to a wellness webinar created just for you! This presentation covers:

- SMART goal setting
- diet and exercise
- quitting tobacco
- managing stress

Register Today
Wednesday, Jan. 28, 2026

Click or scan here for
8 - 8:45 a.m.



Click or scan here for
Noon - 12:45 p.m.



Image(s) may have been created or enhanced using artificial intelligence tools.

771046.1125



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association