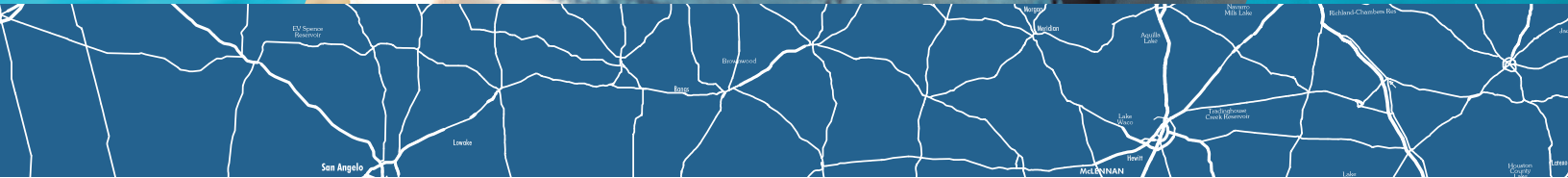


TRS-ActiveCare

# THE GIFT OF GRATITUDE



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast for a short episode about the importance of gratitude. We'll cover:

- how the practice of gratitude can have lasting effects on health and wellness
- four ways to cultivate gratitude



**Listen to the podcast at your convenience!**

**Click on the link below or scan the QR Code:**

**BCBSTX The Gift of Gratitude**



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