

TAC Group Health Benefits



Registering for Nutrition Reboot is a two-step process

The Texas Annual Conference is offering an optional event to re-engage you on your journey to optimal health –a Nutrition Reboot!

Spend a day with the Wellness Staff of Houston Methodist Hospital to renew, refresh and recharge your lifestyle. The Nutrition Reboot is a half day workshop for clergy and spouses who has attended the Day of Wellness before 2014. This day focuses on nutrition designed to give each participant an increased awareness of their current health status by providing tools and strategies to make healthy eating a priority.

Select a date that works for you (and/or your enrolled spouse) by clicking on the appointment link below. If both you and your spouse are attending, each of you must complete your own online registration form. Next, mail your check(s) for \$140 to Texas Annual Conference, 5215 Main St., Houston, TX 77002-9752, Attn: Nancy Slade. Make all checks out to 'Group Health Benefits – TAC. Your check will be returned at the Nutrition Reboot. Visit www.mytacbenefits.org for more information.

Please choose your preferred date after you click.

[CLICK HERE TO SCHEDULE
YOUR APPOINTMENT](#)

