

# DAY OF WELLNESS

## TAC Group Health Benefits

**PLEASE NOTE:** The **registration deadline is 1 week** prior to the event date.  
Registration for the Day of Wellness is limited to 36-40 participants.



### Registering for a Day of Wellness is a two-step process

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 \$175 to Texas Annual Conference, 5215 Main St., Houston, TX 77002-9752, Attn: Nancy Slade. Make all checks out to 'Group Health Benefits – TAC'. Your registration is complete once you have completed the online form and your check has been received. You will receive a confirmation email. Your check will be returned at the Day of Wellness. Visit [www.mytacbenefits.org](http://www.mytacbenefits.org) for more information.

Please choose your preferred date after you click.

[CLICK HERE TO REGISTER](#)

