



## December Newsletter 2016

2017 is THE Year! Get Healthier and Happier by

### Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC

**Living WELL Aware at Texas A&M**, a new, year-long program focused on promoting holistic well-being, is off to a roaring success! Kickstart conferences held December 8 and December 9 were packed with hundreds of Aggie faculty and staff focused on getting to the next level of health and happiness.

An anonymous, pre and post survey was conducted at both of the **Living WELL Aware at Texas A&M** Kickstart Conference sessions. Results from these surveys revealed that:

1. Participant knowledge of health parameters was dramatically increased after participation in the conference.
2. Motivation to make changes to one's lifestyle was greatly elevated.

These conferences received extremely favorable ratings with 97.7% of participants giving it a "4 or 5" rating using a scale of 1 to 5. While 77% rated their motivation to make changes a "4 or 5" on the pre survey, 99% rated similarly on the post survey. WOW! These numbers show that **Living WELL Aware at Texas A&M** is on its way to improving desired health outcomes.

### Introductory Video Now in TrainTraq

Whether you attended the kickstart conference or not, I invite you to review the introductory video now available in TrainTraq. The course may be found by clicking on the Course Catalog tab and searching for the course title, **Living WELL Aware at Texas A&M University Introduction** or by following the links below.

- **Texas A&M University, Workstation M** – [click here](#).
- **Texas A&M Health Science Center, Workstation H** – [click here](#).

Beginning in January 2017, each of my [11 Essential Elements to Health and Happiness](#) will be highlighted every month and delivered as training videos in TrainTraq to be viewed at your discretion.

For those of you who attended the kickstart conference, I encourage you to start your new wellness journey **NOW** and get your fellow coworkers, family, and friends on board! I highly suggest you organize **Living WELL Aware at Texas A&M** groups and begin to meet weekly to forge through the workbook. For those who did not attend and would like to know about future events or getting a copy of the **Living WELL Aware™** workbook, contact [wellness@tamu.edu](mailto:wellness@tamu.edu) for further information.

### **WELL Leader Program**

At the kickstart conferences, we announced the formation of the **WELLNESS WORKS! WELL Leader Program**, a new program to encourage unit-level support for holistic wellness through a network of faculty and staff volunteers who are dedicated to helping make Texas A&M University a healthier campus. These **WELL Leaders** will serve as **WELLNESS WORKS!** ambassadors in their respective units and will have the opportunity to meet with me monthly during 2017. The application process for the **WELL Leader Program** is now open. Applications are due January 6, 2016. For information about how to apply to be a **WELL Leader**, visit [wellness.tamu.edu](http://wellness.tamu.edu).

### **Living WELL Aware in 2017**

What's the goal of **Living WELL Aware at Texas A&M**? To have the healthiest and happiest employees of any university in the country! How? By providing the best in wellness information, implementation, and inspiration focusing on the World Health Organization 5 aspects of wellness: physical, emotional, social, financial, and spiritual.

As the year comes to a close, it's a great time for all of us to look back at 2016 focusing on our many blessings, while we look ahead at 2017 and how we can improve our lives and those of others. From the entire **Living WELL Aware™** team, wishing you the very best this joyous season and looking forward to making Texas A&M an even greater place to work. **ONWARD!**

\*Due to contractual provisions, Living WELL Aware at Texas A&M is only available to faculty and staff of Texas A&M University (workstations M and H only).

#### **Division of Human Resources & Organizational Effectiveness**

**WELLNESS WORKS! [wellness.tamu.edu](http://wellness.tamu.edu)**

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