



## May Newsletter

### Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC



*“Howdy, Texas A&M! Summer is on its way and soon many will be taking time off from work. What are your plans for the summer? Are you **Living WELL Aware at Texas A&M?**”*

#### May – Essential Element #5: *Meticulously Manage Money & Minutes*

We all have “reasons” or “excuses” from time to time for not taking better care of ourselves physically, emotionally, socially, and spiritually. The most common excuses: I don’t have enough time. I don’t have enough money. That’s why it’s so critical that we manage these areas of our life. As I discuss in my book, workbook, and in this month’s webcast on TrainTraq, we have more things to devour our time and money than ever before in history. We are bombarded with advertisements telling us we “need” this or should do “that”, from buying electronic devices, perfume, makeup, massages, pedicures, manicures, expensive vacations, to list just a few.

The truth: We spend a massive amount of minutes and money consumed with nonessential possessions, superficial appearance, and entertainment leaving us little to invest on our personal wellness. The result: We are seeing rising rates of numerous health disorders including diabetes, suicide, obesity, and fatty liver. If we don’t make HEALTH a priority, we can find our time and our money expended on things and activities that are giving us a false sense of happiness that is literally leading to unhealthiness and unhappiness. The health statistics confirm this fact. How much MONEY and MINUTES are you investing each day in your physical, emotional, social, financial, and spiritual wellness? It’s an essential element of **Living WELL Aware at Texas A&M!**

ONWARD!  
Patricia J. Sulak, MD

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

## MAY VIDEO – “Meticulously Manage Money & Minutes”

- **Watch!** - Texas A&M University (Workstation M)
- **Watch!** - Texas A&M Health Science Center (Workstation H)

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## Employee Wellness Champion of the Month: Dawn Suehs – Payroll Services

Dawn Suehs is one of the many employees at Texas A&M University who is not only making wellness a priority in her own life, but she is also successfully bringing awareness of healthy lifestyle changes to those around her. Dawn has gone the extra mile and made the following tools available to everyone in her department to check out for personal use: cookbooks, physical activity books, exercise equipment, and has even offered to attend fitness sessions with others.

Here is what Dawn had to say: *“Being a WELL Leader for our Payroll Services department has allowed me to officially be an ambassador for wellness and fitness. I am trying to set a good example for as many of the Essential Elements as I can by letting others see me making healthy food choices, carrying my exercise gear on the way to workout, making efficient use of my time, and handling stressful situations in a calm manner. We are all in this together and I am proud to be there when others need to seek and secure support for an aspect of their well-being.”*

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## WELLNESS WORKS! Happenings:

### FREE Fitness Sessions for Texas A&M Faculty & Staff

Looking for opportunities to maximize your [Wellness Release Time](#)? Check out one of our free fitness sessions for Texas A&M faculty and staff brought to you by **WELLNESS WORKS!** Our fitness sessions are led by certified instructors from Rec Sports and other local health experts including Open Sky Health and Piranha Fitness Studio.

- **NEW!** – [May 2017 Interim Fitness Schedule](#)  
Check out the **WELLNESS WORKS!** May Interim Fitness Schedule beginning May 3 through May 26.  
*\*WELLNESS WORKS! participants are required to sign-in at the Rec Center Member Services desk for classes at Rec Sports.*

### Fitbit Corporate Wellness Program

The discount storefront available through our Fitbit Corporate Wellness Program has been extended through June 30, 2017. Participation is open to active, benefits-eligible faculty and staff. [Read more.](#)

### Financial WELLNESS Workshops

To coincide with this month’s Essential Element #5 – Meticulously Manage Money & Minutes, **WELLNESS WORKS!** has partnered with Lincoln Financial Group to bring four exclusive workshops to Texas A&M employees from all generations:

- **Monday, May 15 | 1:00 – 2:00pm | General Services Complex (GSC) | Room 101A**  
**Kick Start Your Retirement: Calling all 20-something year olds!** Let’s talk about your biggest advantage in saving for retirement: TIME. But first let’s cover how to manage everyday budget needs. [Click here to register.](#)
- **Thursday, May 18 | 11:00am – 12:00pm | Rudder Tower 301**  
**Envision Your Financial Future: At the mid-point of your career?** Time to get serious about establishing retirement income goals. Learn how small changes now can make a big difference over the long term. [Click here to register.](#)
- **Thursday, May 25 | 11:00am – 12:00pm | Rudder Tower 301**  
**Baby Boomers Guide to Social Security:** Do you know how Social Security fits into your future? Find out how to make the most of your Social Security benefits. [Click here to register.](#)
- **Wednesday, May 31 | 1:00 – 2:00pm | General Services Complex (GSC) | Room 101A**  
**Is TRS Enough?** Learn about the key components of the TRS plan. How is TRS calculated? Is TRS enough? What can be done to close the savings gap for a retirement that fits your goals? [Click here to register.](#)

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