



June Newsletter

Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC



*“Howdy, Texas A&M! Since you are reading this newsletter, you are participating in WELLNESS WORKS!. Congratulations! **ANY** time spent on improving the quality of one’s life is time very well spent.”*

June – Essential Element #6: *Graciously Give Your Gifts*

“The best way to find yourself is to lose yourself in the service of others.” – Gandhi

Wellness is so much more than having normal numbers, eating healthy, and exercising frequently. Living WELL Aware is all about improving our physical, emotional, social, financial, and spiritual well-being. One way we can greatly improve the quality of our lives, is by giving.

As I discuss in my book, workbook, and in detail in this month’s webcast on TrainTraq, the more we give, the more we get. Using our time, talents, and treasures to help those in need will help us soar to new levels of health and happiness that we never dreamed possible. When we graciously (not grudgingly) give our gifts, we are in a state of gratitude. Whenever we are experiencing gratitude, we cannot be in a state of anxiety, anger, or discontent. When we give, we are the true recipients of the gift. During the month of June as we focus on Graciously Giving Our Gifts, think of some unique ways that you and your friends, family, and coworkers can help those in need. You will be better for doing so.

As I travel around the country speaking on wellness issues, it has become vividly apparent that Texas A&M University is a true leader in investing in employee wellness and offering a variety of life changing programs at no cost through *WELLNESS WORKS!*. Check out this month’s offerings and make sure YOUR health and happiness are on YOUR schedule. Texas A&M is Graciously Giving YOU a Gift!

ONWARD!
Patricia J. Sulak, MD

JUNE VIDEO – “Graciously Give Your Gifts”

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

Employee Wellness Champion of the Month: **Diane McDonald – Mays Business School**

Diane C. McDonald has been a leader in promoting **WELLNESS WORKS!** initiatives and programs for her colleagues at Mays Business School. Diane led the efforts in organizing a **Living WELL Aware at Texas A&M** Lunch and Learn and provides healthy tips in each weekly e-newsletter for employees. Her dedication to bringing wellness directly to the faculty and staff members of Mays Business School has been a great success.

Here is what Diane had to say: “*WELLNESS WORKS! has impacted me by helping me prioritize health as a driver in my personal and family decisions. Often times, we get busy responding to the world’s needs and forget to take care of ourselves. This program has also armed me with information to better advocate for the health of my family members. I am grateful to Texas A&M University for investing in the health of its employees.*”

WELLNESS WORKS! Happenings:

MyEvide – Register today at tamus.myevide.com!

Are you taking advantage of the MyEvide tool? Do you know what it is and how it can benefit you? Use **MyEvide** to:

- Check your wellness exam incentive status.
- Access your health benefits directory.
- Manage your pharmacy benefits.
- Log in to your Blue Access for Members account.
- Access wellness tools through Well on Target® including courses on Weight Management, Managing Stress, Quitting Tobacco, etc..
- And more!

Additional information about MyEvide including how to register can be [found here](#).

Join the Texas A&M System Showdown – MyEvide Benefits 500

Throughout the month of June, Texas A&M is competing for the highest level of engagement on MyEvide during the **MyEvide Benefits 500** for a chance to bring home the Texas A&M System Showdown trophy and more importantly, a \$5,000 donation to the [Brazos Valley Food Bank](#). How can we win? Click [here](#) to learn more! FAQs available [here](#).

Help the Brazos Valley Food Bank Solve Summer Hunger

Staff and faculty are encouraged to donate non-perishable food items. Donation bins will be located in the General Service Complex (GSC) lobby during the entire month of June. Units are encouraged to host their own food drives in their respective buildings - then make arrangements to deliver to the GSC.

Can't make it to the GSC, make an online donation [here](#).

Dog Days of Summer!

Tuesday, June 13 | 10:30 a.m. – 12:00 p.m. | General Services Complex 101A

Join us for a therapeutic experience with some of the APWAP canines and learn more about this non-profit organization that continuously gives their gifts by:

- Enriching lives of Brazos Valley residents by enhancing their physical, social, and emotional well-being with the unconditional love of pets.

FREE Fitness Sessions for Texas A&M Faculty & Staff

Maximize your [Wellness Release Time](#) with our free fitness sessions for Texas A&M faculty and staff, brought to you by **WELLNESS WORKS!**. Sessions are led by certified instructors from Rec Sports and other local health experts including Open Sky Health and Piranha Fitness Studio.

- [Summer 2017 WELLNESS WORKS! Fitness Schedule](#) May 30 through August 7.
*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.](#)

- Training pets for educational, rehabilitative, and emotional assistance purposes.

No registration is required. [Read more.](#) Additional information about this organization can be found at [Aggieland Pets With A Purpose.](#)

Division of Human Resources & Organizational Effectiveness | *WELLNESS WORKS!*
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