December Newsletter
Living WELL Aware at Texas A&M

by Dr. Patricia Sulak, Living WELL Aware LLC

Howdy, Texas A&M! It's December! Many are wondering where the year went. For some, it may have been a year of numerous achievements in some area of wellness (physical, emotional, social, financial, and/or spiritual). For others, it may have been a year of challenges. No matter what camp you find yourself in, the questions for all of us are: Where do we want to be this time next year? and HOW are we going to get there?

December Focus – Essential Element #12: It’s a SURPRISE!
Living WELL Aware is known for its 11 essential elements to health and happiness. Texas A&M is known for the “12th Man”. It’s only fitting that WELLNESS WORKS! end the 2017 year with the release of Living WELL Aware at Texas A&M Essential Element #12. Don’t miss the unveiling of Essential Element #12 at the That’s a Wrap! Celebration on Friday, December 8 in the MSC Bethancourt Ballroom.

The registration deadline has been extended! Register before Monday, December 4 at 12 o’clock noon. Two identical sessions of the That’s a Wrap! Celebration are being offered to help accommodate your schedule. Choose the session that best fits your needs. Space is limited to 300 participants per session, so register quickly before the sessions fill up!

- Morning Session, 8:30-11:30am  Register
- Afternoon Session, 12:30-3:30pm  Register

KEYS to a Successful Wellness Journey
Get registered NOW to attend this exciting, informative celebration. In addition to rolling out Essential Element #12, the founders of Living WELL Aware, Patricia J. Sulak, MD and Jeffrey A. Waxman, MD will review some of the latest startling findings on health in the United States. The cornerstone of the That’s a Wrap! Celebration will be our presentation on KEYS to a Successful Wellness Journey. In this newly constructed presentation, Dr. Sulak and Dr. Waxman will discuss the key components to making lasting changes.
Whether you are currently traveling the wellness path of greater health and happiness at lightning speed or have been stopped in your tracks by numerous obstacles, you will love this new and exciting presentation which simplifies the necessary components to climb higher and faster in any area of your life. If you’re struggling, the answer to why you are doing so is in this presentation. Have a goal to be healthier and younger in 2018 by attending the That's a Wrap! Celebration.

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).

DECEMBER VIDEO – It’s a SURPRISE!
This month’s webcast on Essential Element #12 will be available for viewing on TrainTraq after the Friday, December 8 That’s a Wrap! Celebration. Stay tuned!

Employee Wellness Champion of the Month: Crystal Vinal – University Libraries
Serving as a WELL Leader since January 2017, Crystal Vinal works closely with two other University Library WELL Leaders, Chance Medlin and Krystle Murillo. As a team they provide their area with educational opportunities and updates on the latest news in wellness programming. Crystal encourages unit-level engagement in campus wellness offerings and took the initiative to attend the Healthier Texas Summit in Austin, Texas in November 2017. The purpose of attending this conference was for health advocates attending conference to meet other health professionals, build relationships, and develop actionable goals while attending informative sessions, town hall conversations, and interactive workshops.

Here is what Crystal had to say: “As one of the three WELL Leaders for the University Library, I have to emphasize that workplace wellness is really a team effort. It is so great to have the support of the University, the Division Human Resources and Organizational Effectiveness and our Library administration. Being able to work with others committed to improving wellness is paramount!”

WELLNESS WORKS! Happenings:

Winter Interim Schedule
The FREE Winter Interim fitness sessions for Texas A&M University faculty and staff employees begin on Wednesday, December 6. Check out class times and locations here!

Wellness Release Time (WRT)
Be sure to take advantage! This opportunity provides all full-time, benefits-eligible, Texas A&M employees the opportunity to use 30 minutes of their regular work hours, up to three (3) times a week, to exercise or participate in physical fitness activities. For more information on Wellness Release Time please visit our website.

MyEvive / Well On Target
Evive Health is brought to you as part of your Texas A&M University System benefits package and is designed to bring together your benefit resources!
- Register for MyEvive
- Login to MyEvive
Access Well On Target from MyEvive by selecting the “Health Assessment and Wellness Tools” tile. This link you to the Well On Target website where you can connect devices / apps and check your Health Assessment status, all earning you points that you can redeem for awesome prizes.

View the Newsletter Archive for Living WELL Aware at Texas A&M here.