Skin Cancer Awareness
As we dive under the sun this summer, we need to be aware of new skin spots and existing skin spots. Nearly 9,500 Americans are diagnosed with skin cancer each day. Of this diagnosis, an average of one American dies from melanoma each hour. Skin cancer, including the deadliest form of skin cancer, melanoma, is highly treatable if it is detected early. If you notice any suspicious spots on your skin or anything changing, itching, or bleeding, see a board-certified dermatologist.

To detect melanoma early follow the ABCDEs of Melanoma and be sure to double check the most common location for melanoma, the back:

- Asymmetry: One half is unlike the other half
- Border: Irregular, scalloped or poorly defined border
- Color: Various color consists of shades of tan, brown, or black; sometimes even white, red, or blue.
- Diameter: greater than 6mm or the size of a pencil eraser, can be smaller.
- Evolving: a mole or skin lesion that looks different from the others on body, or is changing in size, shape, or color.

For more information on how to detect skin cancer, visit American Academy of Dermatology

Holistic Highlight: Mindful Movement
The slowness of mindful movement allows for the mind to rest, relax, and recharge. A mind capable of rest begins the domino effect leading to a new state of physical and emotional balance. Often called “meditation in motion,” Tai Chi has been shown to be exceptional at providing these types of benefits. This low-impact, slow-moving form of exercise is ideal for older participants, but can be tailored to meet any level of fitness. Tai Chi consists of executing a series of movements while relaxing the muscles and focusing on breathing. This method works to improve cognitive function and strengthen balance in those who regularly practice Tai Chi.

For more information on the benefits of Tai Chi, visit the Idea Health and Fitness Association.

Mindful Movement is one of our WELLNESS WORKS! fitness classes available to Texas A&M faculty and staff free of charge. This class builds on the principles of Tai Chi to provide a fitness routine that engages both the mind and the body. Lisette Templin, our instructor for Mindful Movement, is able to make some modifications upon request to instruct employees of all fitness levels. Click here to access the full Summer 2018 Fitness Session schedule and find the dates and times this class is held!
Smoking Rates in United States Hit All-Time Low

The percentage of current adult smokers (18 years and older) has decreased from 16% in 2016 to 13.6% in 2017. This is the lowest rate recorded by the National Health Interview Survey since it began in 1965. At this rate of decrease, adult smokers could be at less than 12% by the year 2020! We can do it!

WELLNESS WORKS! offers resources for Texas A&M Faculty & Staff. To learn more view the latest infographic on smoking rates in the United States on our website.

EAP Employee Enhancement

What’s in a Label?

Food labels can sometimes be tricky to understand. What is the difference between “fortified” and “enriched” or “natural” and “organic?” It is important to learn how to make sense of these nutrition labels in order to maximize the health benefits from your diet.

Your Employee Support Program can help with:

- Articles on food labeling and nutrition
- Audio on nutrient-dense foods and healthy options
- FAQs on fat grams, coffee calories, and butter vs. margarine
- Resource link to a healthy eating quiz

Learn more about these helpful topics and more from your EAP. Download the newsletter today!

Deer Oaks EAP services are available at no cost to benefit-eligible faculty and staff employees as well as their dependents/household members.

UPCOMING EVENTS

Summer Co-Ed Kickball for Faculty & Staff

WELLNESS WORKS! has again partnered with the Department of Recreational Sports to bring a Summer Co-Ed Kickball League to Texas A&M University faculty and staff employees this July! Form your team and join us for a co-ed, recreational level league! No league experience is necessary! Registration fees will be paid by WELLNESS WORKS!.

- Registration closes July 2 at 5:00 pm
- Team Captain Meeting: Thursday, July 12 at 3:00 pm in GSC 101 B&C
- Games begin Tuesday, July 17 and Thursday, July 19 at 6:30 pm, 7:15 pm, and 8:00 pm

For more information about participation eligibility and game rules, click here!

FREE Financial Counseling On-Campus

Group Presentation by TIAA Financial Group

Tuesday, July 10 & Wednesday, July 11 | 8:30 am – 4:30 pm | GSC Suite 1201 Room 1203

Both Lincoln Financial and TIAA also offers Texas A&M employees FREE one-on-one consulting meetings with their financial/retirement advisors in the HROE offices in the General Services Complex, Suite 1201. Let these professionals help you learn how to take control of your financial health! RSVP for your meeting on our website.

Eat Well, Be Well! Being Mindful of Diet Fads

Presented by Meghan Windham, MPH, RD, LD | Registered Dietitian

Tuesday, July 24 | 11:00 a.m. – 12:00 p.m. | General Services Complex 101A

It is common during summer to search for ways to lose weight fast, and diet fads offer the promise of speedy results with minimal effort. Unfortunately, this is not always what is best for our overall health. So what is the best way to form our diet in a manner that will help us to meet our goals? WELLNESS WORKS! invites you to join us as Meghan Windham, Registered
Dietitian at Beutel Health Center, presents "Eat Well, Be Well." We will discuss one of nutrition’s most popular topics: fad diets. In this insightful presentation, Windham will share the science behind these diet trends and present strategies to maintain a healthy, holistic approach to nutrition.

To attend the live event, register here. Access the live video stream on TTVN.

For information or questions contact wellness@tamu.edu.