Wellness Happenings for October

**National Breast Cancer Awareness Month**
Breast cancer is one of the most common cancers in American women. The average risk of a woman in the United States developing breast cancer in their lifetime is 12%. Breast cancer is sometimes found after symptoms appear, however many women who have breast cancer show no symptoms. Therefore, it is important to receive a regular breast cancer screening. Cancer screenings include clinical breast exam, breast self-exams, and mammograms.

Clinical Breast Exam and Breast Self-Exams:
- Women under the age of 40 should receive annual clinical breast exams by a health professional and/or conduct a monthly breast self-exam.

Mammograms:
- Women between the age of 40-44 have the option to receive an annual mammogram.
- Women 45-54 should get annual mammograms.
- Women 55 and older can switch to receiving a mammogram every other year or continue receiving annual mammograms.
- All women should understand what to expect when receiving a mammogram.

To learn more, visit the [American Cancer Society](https://www.cancer.org) or [National Breast Cancer Foundation](https://www.nationalbreastcancer.org) websites. See below for an on-campus mammogram screening opportunity.

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**3D Mammogram Mobile Screening Event**
Presented by Assured Imaging Healthcare in Motion
Tuesday, October 23 & Wednesday, October 24 | 8:00 am - 5:00 pm | General Services Complex Lot 88

**WELLNESS WORKS!** has partnered with Assured Imaging Healthcare in Motion to host an on-campus, digital mammogram screening - no referral necessary. Most major insurance accepted, including Blue Cross Blue Shield of Texas. A woman is eligible for a digital mammogram screening if she:

- Is at least 40 years of age
- Has not had a previous mammogram in the past year
- Has no current breast problems or complaints
- Women between the ages of 35-39 can receive one baseline mammogram without a doctor’s order
To schedule an appointment visit online or call (520) 744-6121 or (888) 233-6121. For questions about the screening, contact Info@AssuredWW.com. *Parking is available in Lot 88 with any valid TAMU parking permit.

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**EAP Employee Enhancement Newsletter**

This newsletter has helpful resources from your Employee Assistance Program. Deer Oaks services are available at no cost to benefit-eligible faculty and staff employees as well as their dependents/household members.

The October Newsletter features:

- Online Seminar Reminder: A Personal Guide to Building Resiliency and Coping with Change
- Depression Basics
- Surprisingly simple ways to prevent disease
- Getting a Good Night's Sleep
- Are you paying too much for mobile data?

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.

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**UPCOMING EVENTS**

**FREE Financial Counseling On Campus**

*Presented by Lincoln Financial Group*

**Wednesday, October 3 | 9:30 am – 1:30 pm | GSC 1203**

*Presented by TIAA Financial Group*

**Tuesday, October 9 & Wednesday, October 10 | 8:30 am – 4:30 pm | GSC 1203**

Both Lincoln Financial and TIAA offer Texas A&M employees no-cost, one-on-one consultations with their financial/retirement advisors in the HROE Office located in Suite 1201 of the General Services Complex. Let these professionals help you learn how to take control of your financial well-being! RSVP for your meeting:

- **RSVP with a Lincoln Financial Consultant**
- **RSVP with a TIAA Financial Consultant**

**Rituals Rule: Secrets of the Successful Your Journey to Living WELL Aware**

*Presented by Dr. Patricia Sulak*

**Thursday, October 4 | 11:00 am - 12:30 pm | GSC Room 101A**

When it comes to greater health and happiness, we do not need to reinvent the wheel! In this workshop, Dr. Patricia Sulak, founder of Living WELL Aware, will discuss the topic, **Rituals Rule: Secrets of the Successful**. Don’t miss this eye-opening event as we continue Living WELL Aware at Texas A&M!

- **Register here** to attend the live event.*
- Access the live video stream [here on TTVN](#).

A healthy, energizing lunch will be provided by Living WELL Aware starting at 11:00 a.m. **Registered attendees will have a chance to win a Fitbit Flex 2!**

*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).
Eat Well, Be Well! Nutrition Series
*Presented by Registered Dietician, Meghan Windham*

**Beginning Tuesday, October 9 & 16 | 11:30 am - 12:30 pm | GSC Room 101A**

*WELLNESS WORKS!* invites you to join us as Registered Dietitian, Meghan Windham, presents different nutrition workshops. The *Eat Well, Be Well* series has been developed to teach adults the importance of nutrition in all aspects of life. You will not want to miss the information and strategies Meghan Windham will share with series participants! *Participation in all six workshops is not required.* Additional information including registration details is available on our website.

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2018 Texas A&M University Employee Flu Vaccine Clinics

The Division of Human Resources and Organizational Effectiveness has partnered with the Texas A&M Health Community Clinic, the colleges of medicine, nursing, and pharmacy, and the Health Science Center’s Office of Interprofessional Education & Research to offer flu vaccine clinics for local Texas A&M System employees, their eligible dependents (must be 6 months or older), and retirees who are covered under A&M Care or AHP Care (Blue Cross Blue Shield of Texas). Outside insurance will not be accepted at the on-site flu vaccine clinics.

Vaccines available this year are *quadrivalent*, covering two influenza A viruses and two influenza B strains. Additionally, we will offer pediatric doses and a limited number of high-dose and egg-free vaccines.

- **October 17:** 3:30 pm - 5:30 pm, Health Science Center *(Hwy 47 Campus)* - Health Professions Education Building, 3047 A&B
- **October 18:** 11 am - 5:30 pm, Drive-thru at Fan Field parking lot, Research Parkway  
  *All participants must be in a vehicle, no walk-ups.*
- **October 24:** 7:30 am - 5:30 pm, Memorial Student Center, 2406
- **October 26:** 7:30 am - 5:30 pm, General Service Complex, 101 B&C
- **November 8:** 11 am - 3 pm, Employee Health & Wellness Fair at the Student Rec Center, 2225 (South Entry)  
  *Park in lot 100J.*

Visit [wellness.tamu.edu](http://wellness.tamu.edu) for the most up-to-date information related to these clinics and to complete the *required forms.* Also, please post a flyer in your office!

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Diabetes Self-Management Workshop Series *(6-week Commitment)*

*Presented by Center for Population Health and Aging*

**Beginning Monday, October 22 & Ending Monday, November 26 | 11:00 am - 1:30 pm | GSC Room 101B**

*WELLNESS WORKS!* and the Texas A&M Center for Population Health and Aging invite you to register for a FREE Active for Life® Self-Management Program. This workshop is for anyone living with diabetes, pre-diabetes, or loves someone who does. Active for Life® Self-management workshops compliment clinical care and have positive and lasting results. Workshops meet for six weeks every Monday for about 2.5 hours.

Participants will learn how to:
- Utilize self-management tools to better control their diabetes
- Plan balanced meals and increase physical activity
- Deal with difficult emotions, stress and depression
- Make informed treatment decisions
- Find better ways to talk to their doctor and family about their diabetes
- Set weekly action plans, problem solve health issues, and get needed support

*Please plan to attend all six sessions and bring your lunch!*

To register for this workshop, please contact The Center for Population Health and Aging at (979) 436-9336 no later than Friday, October 19.
Mindfulness Meditation Series
Presented by Executive Professor, John Krajicek
Beginning Tuesday, October 30 & Ending Tuesday, November 27
11:30 am - 1:00 pm | General Services Complex 101A

Join us as Executive Professor John Krajicek presents six different mindfulness meditation workshops. The Mindfulness Meditation Series has been developed to teach the importance of being present and focused in a culture that is training us to be distracted. You will not want to miss the interactive lectures, coaching, and strategies that Professor Krajicek will share with the series participants! Drawing on his own personal mindfulness practice, as well as his training in Emotional Intelligence and Mindfulness Based Stress Reduction (MBSR), he has taught mindfulness meditation to thousands of students and business executives. Participation in all six workshops is encouraged but not required.

Registration will open in mid-October. Stay tuned for registration details at wellness.tamu.edu.

Save the Date – 2018 Employee Health and Wellness Fair
Presented by WELLNES WORKS!
Thursday, November 8 | 9:00 am - 4:00 pm | Student Recreation Center (use south entry)

Join us for the 2018 Texas A&M Employee Health & Wellness Fair hosted by WELLNES WORKS! The fair will be a come and go, conference-style event with lunch provided at the keynote session presented by John Krajicek, Executive Professor and Assistant Director of Business Communication Studies for the MBA and EMBA Programs at Mays Business School.

Additionally, participants will be able to:
- Visit the exhibit hall with various wellness-related booths
- Get a flu vaccine
- Participate in a sleep demonstration
- Attend employee fitness sessions
- Attend presentations on various health topics and innovations in wellness
- Win prizes
- And more!

Check back for updates about the fair on our website, wellness.tamu.edu.

For more information about WELLNES WORKS! programs, visit wellness.tamu.edu.