Wellness Happenings for November

2018 Employee Health and Wellness Fair
Thursday, November 8 | 9:00 am - 4:00 pm | Student Recreation Center (use south entry near Olsen Field)

Faculty and staff are invited to attend the 2018 Employee Health & Wellness Fair hosted by WELLNESS WORKS!
The fair will feature:

- A Vendor Exhibit Hall with various wellness-related booths
- Breakout Sessions on various health topics and innovations in wellness
- Employee fitness sessions
- Flu Vaccine Clinic & Health Screenings (Required Forms)
- A sleep demonstration
- Airrosti Pain & Injury Assessment (RSVP here)
- Amazing prizes (valued at $50+ each)
- WELLNESS WORKS! t-shirt for attendees

FAIR KEYNOTE LUNCHEON | 11:45am – 1:00pm
"Mindfulness & Emotional Intelligence in a World of Stress and Distraction"
John Krajicek, Executive Professor and Assistant Director of Business Communication Studies for the MBA and EMBA Programs at Mays Business School, will discuss the importance of emotional intelligence and how it impacts personal wellbeing.

Krajicek will share the benefits of mindfulness meditation, including enhanced focus and concentration, reduced stress and anxiety, and improved presence and listening skills. Attendees will learn what emotional intelligence is, discover how to develop skills to recognize and manage negative emotions, and use mindfulness meditation to enjoy a less stressful life.

- RSVP here for keynote, Registration is only required for the keynote luncheon.
- Livestream available on TTVN for employees at remote campuses.

View/print the full fair schedule and breakout sessions here!

National Family Caregivers Month
National Family Caregivers Month is devoted to recognize and thank those who help keep families strong. Celebrating the effort of family caregivers, helps raise awareness and increase support. WELLNESS WORKS! supports family caregivers and recommends reviewing 10 helpful tips from Caregiver Action Network below:

- Seek support from other caregivers
- Take care of your own health so you are strong enough to take care of your loved one
• Accept help from others with specific helpful tasks
• Learn how to effectively communicate with doctors
• Be open to new resources that could help you care for your loved one
• Be aware for signs of depression and do not delay getting professional help
• Take breaks often
• Organize medical information so it is up to date and easy to find
• Ensure legal documents are in order
• Do not forget to give yourself credit for doing the best you can!!

If you are in need of additional support, we encourage you to reach out to Deer Oaks Employee Assistance Program (EAP) Services. Deer Oaks Services are available at no cost to benefit-eligible faculty and staff employees as well as their dependents/household members.

EAP Employee Enhancement

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 November Newsletter features:
• Online Seminar Reminder: Caring for Aging Relatives
• Self-Care for the Caregiver
• Have a Healthy and Safe Family Gathering
• Less Stressed Holiday Time
• How Much Should You be Spending on Utilities each Month?

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

Eat WELL, Be WELL! Nutrition Series Survey

The first nutrition series offered by WELLNESS WORKS! has concluded and we want your feedback! WELLNESS WORKS! values feedback from employees as we aim to provide programs based on employee needs. Share your thoughts by participating in this survey!

UPCOMING EVENTS

Fitness Session Cancellations for Thanksgiving Break
WELLNESS WORKS! on-campus fitness classes will be cancelled from Tuesday, November 20 starting at 4:45pm through Friday, November 23. All classes will resume on Monday, November 26.
• Piranha Fitness Sessions will run on a modified schedule. Visit the Piranha Fitness Studio Schedule for details.

FREE Financial Counseling on Campus
Presented by Lincoln Financial Group
Wednesday, November 7 | 9:30 am – 1:30 pm | General Services Complex 1203

Presented by TIAA Financial Group
Monday, November 12 | 9:00 am – 6:30 pm | In Your Office
Tuesday, November 13 & Wednesday, November 14 | 8:30 am – 4:30 pm | General Services Complex 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
Get Real: Find Out What Retirement May Cost and How to Prepare  
Presented by Lincoln Financial Group  
Thursday, November 29 | 3:30 pm - 4:30 pm | General Services Complex 101A

WELLNESS WORKS! and Lincoln Financial Group invite you to join us for an opportunity to enhance your financial well-being through money management. It is never too early to establish retirement income goals! Start now by envisioning your financial future and learn the small steps you need for transitioning from saving to spending. Participants will:

- Learn how thoughtful planning and commitment can help achieve goals
- Set retirement goals and priorities
- Identify additional sources of retirement income
- Be motivated to make changes if not on track to meet income goals
- Maximize their current savings if are on track toward income goals

To attend the live event, [register here](#). Access the live video stream on [TTVN](#).

For more information about WELLNESS WORKS! programs, visit [wellness.tamu.edu](#).