2019 Employee Health & Wellness Fair October 1st
SAVE THE DATE! Tuesday, October 1, 2019
9:00am – 4:30pm | Student Recreation Center (South Entrance Near Olsen Field)
Bus route #8 “Howdy” or park in Lot 100J behind Rec by Olsen Field (Map)

Join us for the 2019 Employee Health & Wellness Fair hosted by WELLNESS WORKS!. The fair will be a come and go, conference-style event with three keynote sessions throughout the day and multiple breakout sessions focused on a variety of topics including mindfulness, musculoskeletal wellness, and positive change.

Additionally, the fair will feature:
- A vendor exhibit hall with various wellness-related booths
- A flu vaccine clinic & health screenings
- Airrosti pain & injury assessments
- Mindfulness meditation and yoga sessions
- Presentations on various health topics and innovations in wellness
- Amazing prizes (valued at $50+)

Coming soon – Visit our website for additional updates about the fair and registration for keynote and breakout sessions!
Physical Wellness: Stay Well This Fall!

Immunization Awareness
According to the U.S. Department of Health & Human Services, vaccines are a safe and effective way to protect against preventable diseases, such as whooping cough, measles, and pneumonia. It is important for people of all ages to stay up-to-date on all vaccines to prevent serious diseases. Immunizations are often associated with kids, but it is just as important for adults to stay up-to-date as well.

With the new school it is a great time to ensure you, your family, and your friends are up-to-date on all vaccines. In order to check this item off your to-do-list, the Centers for Disease Control and Prevention has created a helpful Adult Vaccine Assessment Tool. This tool allows you to answer a few simple questions and generates a list of vaccines you may need if you have not had them before or are not already immune.

NEW Minimum Sales Age for Tobacco Products
As of September 1, 2019, the new minimum legal sale age for tobacco products in Texas has increased from 18 to 21. This new minimum legal sale age excludes personnel who present a valid military identification card of the United States or state military forces at time of purchase. According to the American Lung Association, increasing the minimum legal sales age from 18 to 21 will help reduce tobacco use among the youth population and save lives. For more information, please visit the Texas Department of State Health Services.

Wash Your Hands
Cold and flu season is quickly approaching! Eliminate germs by washing your hands with soap and water. Using soap and water is the best way to clean your hands, and the Centers for Disease Control and Prevention recommends that we use hand sanitizer with at least 60% alcohol only when soap and water are unavailable. Clean your hands during these key times below to help you and your family stay healthy.

- Before, during, and after preparing meals and snacks
- Before you eat food
- Before and after caring for someone who is ill
- Before and after treating an open cut or injury
- After using the restroom
- After changing diapers or helping children use the restroom
- After blowing your nose, coughing, or sneezing,
- After touching an animal, animal’s food/treats, or animal waste
- After handling garbage

Learn more from the Centers for Disease Control and Prevention.
**Wellness Happenings Newsletter – September 2019**

---

**3rd Annual SuperHero Run**
*Presented by Aggieland Realtors*

September 28, 2019 | 8:00am
Lake Walk Town Center

Suit up in your favorite superhero or villain costume for the 3rd Annual BCS Superhero Run! Kids can run the race in a flash and join the post-race dance bash with SUPER delicious food and a costume contest!

---

**2019 Flu Vaccine Clinics**

The Division of HROE has partnered with the Texas A&M Colleges of medicine, nursing, and pharmacy, and Health Science Center’s Office of Interprofessional Education & Research to offer flu vaccine clinics to local Texas A&M System employees, their eligible dependents (must be 6 months or older), and retirees who are covered by the A&M Care Plan (Blue Cross Blue Shield of Texas).

**SAVE THE DATE**
- **Tuesday, October 1**
  1:00pm – 5:00pm
  - Employee Health & Wellness Fair at the Rec Center: Room 1130
- **Thursday, October 10**
  8:00am – 5:00pm
  - GSC 101 B&C
- **Friday, October 18**
  11:00am – 6:00pm
  - Drive-thru at Fan Field Parking Lot
    All participants must be in a vehicle, no walk-ups.
- **Thursday, October 24**
  8:00am – 5:00pm
  - Rudder Exhibit Hall
- **Friday, October 25**
  12:00pm – 6:00pm
  - HSC HPEB Building

Dates, times, and locations subject to change. Watch your email for more information about the clinics!

---

**Fall Healthy Bits and Bites Quarterly Blog**

Meghan Windham and the Nutrition Services team create the Seasonal Healthy Bits and Bites Quarterly Blog, offered as an efficient visual for seasonal resources. This blog promotes seasonal produce, recipes, and activities you can utilize throughout each season. Read the Fall Healthy Bits and Bites Quarterly Blog for credible information and strategies to maintain a healthy, holistic approach to nutrition!

**Financial Wellness: Maximize Your Dollars!**

JOIN THE FASTEST GROWING FITNESS MOVEMENT IN THE NATION

---

**$ PerksConnect Partners with Camp Gladiator!**

Did you know that Texas A&M University has a comprehensive employee discount program designed to save you money on many of your purchases? The PerksConnect program is a lifestyle product and discount savings platform that enables employees and retirees to find great deals on items and services they need and use every day. Learn more and start savings!

As part of our partnership with PerksConnect, we are featuring our newest member of the discount program, Camp Gladiator (CG)! All Texas A&M University employees are now able to take advantage of an exclusive 20% discount on CG BOLD memberships. CG is a nationwide fitness program that works out...outside!

For a limited time only, CG is extending their birthday promotion of four weeks of unlimited group fitness for only $30 purchased on their website or $10 through a CG trainer. Interested in taking advantage of this incredible offer or have questions about CG, contact Teresa Remmert at teresaremmert@campgladiator.com or 281.687.2530.

**$ FREE On-Campus Financial Consultations**

Lincoln Financial, TIAA Financial, and AIG Retirement Services offer Texas A&M University employees one-on-one consultations at no cost with their financial/retirement advisors. Private consultations are held in Suite 2011 of the General Services Complex or room L524 in the lower level of the Memorial Student Center. RSVP for your consultation today!

**Lincoln Financial Group – RSVP**
  Wednesday, September 4 | 9:30am – 1:30pm | GSC 1203

**TIAA Financial Group – RSVP**
  Wednesday, September 18 | 8:30am – 4:30pm | GSC 1203
  Thursday, September 19 | 8:30am – 4:30pm | GSC 1203

**AIG Retirement Services – RSVP**
  Tuesday, September 24 | 8:30am – 11:30am | MSC L524
Interpersonal Wellness:
Indulge in Social Activities!

Fall Parent Resources
The hot and humid days will soon pass allowing the crisp fall weather to blow in and surround our homes with beautiful fall colors. Enjoy these family activities and attractions while staying well this fall. Visit the WELLNESS WORKS! Family Fall Activities page to explore some activities near your area!

Gardening Tips: Texas Superstars
It is not easy to become a Texas Superstar® plant. Only the toughest, most reliable and best-looking plants make the cut. Every plant earning the Texas Superstar® designation undergoes several years of extensive field trials by Texas A&M AgriLife Research and the Texas A&M AgriLife Extension Service, both part of the Texas A&M System. They must show superior performance under Texas’ tough growing conditions. During the field trials, plants receive minimal soil preparation, reasonable levels of water and no pesticides. Learn more about Texas Superstars in the Texas Superstar Brochure.

Remote Campus Corner: Wellness Outside of College Station!

Remote Campus Highlight: Water Challenge
The WELLNESS WORKS! water challenge is a great program to encourage employees to stay hydrated. This team-based challenge increases water consumption while enhancing physical and interpersonal wellness. WELL Leaders across the state are leading water challenges across various remote campuses such as:

- Houston Health Science Center – Diana Taylor
- Bryan health Science Center – Demetria Yanez
- Western Rio Grande Region (WRGR) Colonias Program – Juan Garcia-Aguirre
- Round Rock Health Science Center – Lisa Borsi, Christine Greer, and Stacey Keller
- McAllen Health Science Center – Julissa Rivera

Chronic Pain Self-Management Workshop Series (6 Week Commitment)
Presented by Center for Population Health and Aging
Beginning Monday, October 7
Ending Monday, November 18
1:00pm – 3:30pm | GSC 101B
*Class will NOT meet on October 28*
REGISTER at cauley@sph.tamhsc.edu
No charge to attend. Workshops meet for six weeks every Monday for about 2.5 hours. Plan to attend all six sessions and bring your lunch!

Participants will learn:
- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Moving easy exercise and nutrition for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Problem solving and action planning for improved health
- Pacing activity with rest
- Communicating effectively with family, friends, and health professionals

For more information about our programs, visit us online at wellness.tamu.edu and follow us on social media:

Division of Human Resources & Organizational Effectiveness
WELLNESS WORKS!
General Services Complex, Suite 1201
| 750 Agronomy Road
College Station, TX 77843-1255
979.862.7418 | wellness@tamu.edu

UPCOMING EVENTS... more