WELLNESS WORKS!
Physical | Financial | Interpersonal

living WELL aware™ at Texas A&M
A dynamic, year-long program focused on promoting holistic well-being and designed specifically for faculty and staff of Texas A&M University*.

*Due to contractual provisions, Living WELL Aware at Texas A&M is only available to faculty and staff of Texas A&M University (workstations M and H only).

https://u.tamu.edu/LivingWELLAware
Living WELL Aware:  
Eleven Essential Elements to Health & Happiness

• Normal Numbers Now
• Critique Caloric Consumption
• Make Movement Mandatory
• Halt Harmful Habits
• Meticulously Manage Money and Minutes
• Graciously Give Your Gifts
• Forgive: Family, Friends, Foes – Ourselves
• Passionately Pursue Purpose and Priorities
• Stifle Stress/Sever Suffering
• Periodically Pause, Ponder, Plan, Pray
• Seek and Secure Support
• Exclusive 12th element for Texas A&M
Components of the program for staff & faculty:

- Kickstart conference – December 8 OR 9
- Pre and post health surveys
- Monthly webcasts on 11 Essential Elements accessed through TrainTraq
  - One element to be highlighted per month
  - First element released in January 2017
- Monthly newsletters
- Supplemental opportunities
  - Sponsored by WELLNESS WORKS!
  - Unit-specific
Registration now open!

Thursday, December 8
MSC 2400
Afternoon session:
12pm to 5pm

Friday, December 9
Rudder 601
Morning session:
8am to 12:30pm
Attendees will receive: a free workbook, a t-shirt, and a chance to win great door prizes!

**Attendees should wear:** comfortable, loose fitting clothes and comfortable shoes. We’ll be moving and getting active!

**Attendees should bring:** a notepad and pen to take notes.
We hope to see you there!
Questions?
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