



Brought to you by the
Office of Employee Assistance Programs

The following resources are available to all UTHealth faculty, staff, residents and fellows

April Wellness Newsletter 2021

Are you ready to travel?



Registration opens today for our newest virtual wellness challenge!

SIGN-UP NOW

Join our virtual spring wellness challenge against the other 13 UT System Institutions. Form a team or participate individually. This year's theme, Well Traveled, takes us on a fun, inspiring fitness campaign where we'll travel coast to coast, stopping at amazing hot spots as we record health behaviors. To make it even more fun, we'll have great prizes that you may win in one of our many drawings throughout the four-week challenge.

Registration ends April 16. Challenge begins April 12 – May 9. Don't miss out!

Navigating the Post-Pandemic Spending Boom: Celebrate with Caution



As COVID-19 restrictions begin to lift, most of us are eager to engage in activities we've been unable to participate in for a year. Whether we missed out on something as financially impactful as a new home purchase or something as unassuming as an anniversary dinner, each of us missed out on something in 2020. As a result, we may be planning to make-up for missed opportunities.

If we combine our regained freedom with another stimulus check, a possible change to the child tax credit, and/or the reopening of the state - we may be tempted to fall into some bad financial habits. Unfortunately, these bad habits are likely to increase our outstanding debt over the long term.

Now is one of the best times to work on your financial health and reduce your risk to expanding your personal debt. Take a step forward in your financial wellness journey.

Join Navigating the Post-Pandemic Spending Boom: Celebrate with Caution at no cost to you. Register Now at: YourMoneyLine.com/liveevents2021.

REGISTER NOW

Are you ready for virtual yoga?



The School of Public Health is offering virtual Yoga classes with certified Yoga instructor Chris Bishop on the following Tuesdays from 12-1pm:

April 6
April 13
April 20
April 27

Join via Zoom at:
<https://us02web.zoom.us/j/9876022022>
Meeting ID: 987 602 2022

Questions? Contact Willa @ Zhiling.Wu@uth.tmc.edu

March Virtual Meditation Sessions



Wednesday, Apr 7

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Apr 8

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Wednesday, Apr 14

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Apr 15

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Wednesday, Apr 21

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Apr 22

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Wednesday, Apr 28

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Apr 29

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

7000 Fannin | Suite 1670 | Houston, TX 77030

713 500 3394 tel | 713 500 3330 fax

wellness@uth.tmc.edu

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