



Brought to you by the
Office of Employee Assistance Programs

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

January Wellness Newsletter 2021

The Difference You Made

As we begin the year, take a moment to reflect on the difference you made over the past year to your colleagues, patients, your family and UTHealth. Mindfulness practices can energize us, ground us, and refocus us on where we are right now. Here are some links for you to use and more are also available on our website. Visit [UTHealth Employee Assistance Program \(EAP\)](#) to browse and explore on your own. **There is hope. If you need to speak with someone directly you can call us 24/7 at (713) 500-3327.**



January Virtual Meditation Sessions

Wednesday, Jan 13

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Jan 14

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Wednesday, Jan 20

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Jan 21

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Wednesday, Jan 27

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursday, Jan 28

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

Your Money line

POWERED BY PETE THE PLANNER®

I am doing well financially. How can I build wealth?

I'm drowning in credit card debt. How do I pay it off?

It feels like I'll have student loans forever. Can you help me make a payoff plan?

I want to plan ahead for my kids' college education. Where do I start?

Can you help me decide if I am ready to buy a house?

These questions and more can be answered by *Your Money Line*, providing unlimited **FREE** access for every employee and their immediate family.

Free access to personal finance experts via phone, email, scheduled calls, or live chat.

[More information](#)

[Introductory Video](#)

100% confidential

Diabetes Prevention Program Webinar – Information Session

You Can Prevent Type 2 Diabetes

with the

PreventT2 Program

Spaces are open for a yearlong virtual support group for University of Texas employees who are at risk for developing type 2 diabetes. The support group is part of the Center for Disease Control's National Diabetes Prevention Program (NDPP). The goal of the NDPP is to help participants lose 5% to 7% of their initial weight and incorporate 150 minutes of physical activity each week. The information session will cover details about the program and identify if you are eligible. It is free for all employees to attend.



Information Session

Thursday January 7th, 2021

12 PM – 12:30 PM

Please register for this webinar by clicking this link:

<https://uthealth.webex.com/uthealth/onstage/g.php?MTID=e19620b9c11b17f6dac2aed1f2a2c275c>

Please contact Darrine.Abouchelleih@uth.tmc.edu or 713-500-3478 if you have any questions.

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To unsubscribe, email wellness@uth.tmc.edu with the subject 'Unsubscribe'