

Employee Assistance and Well-being Programs

The following resources are available to all UTHHealth faculty, staff, residents and fellow

November Wellness Newsletter 2021

Free Tobacco Cessation Resources



About 32.4 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. More than 16 million Americans live with a smoking-related disease.

While the rates of cigarette smoking have declined over the past several decades, from 42% in 1965 to 13.7% in 2019, the gains have been inconsistent. Some groups smoke more heavily or at higher rates and suffer disproportionately from smoking-related cancer and other diseases. These populations tend to be those who experience inequities in multiple areas of their lives, including those at lower socioeconomic levels, those without college degrees, American Indians/Alaska natives, African American/Black communities, LGBTQ communities, those in the military, those with behavioral health conditions, and others.

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

If you need extra support when you're ready to quit using tobacco, the UT SELECT and UT CONNECT Medical plans cover a variety of options at no out-of-pocket cost to help you succeed.

[Great American Smoke-out – November 8, 2021](#)

Virtual Meditation Sessions



Join us for a 15 minute break at these times:

Mondays
12:00pm - 12:30pm
[Join Zoom Session](#)

Wednesdays
12:00pm - 12:15pm
[Join WebEx Session](#)
Join by phone: 1-844-621-3956
Access code: 803 952 424

Thursdays
4:15pm - 4:30pm
[Join WebEx Session](#)
Join by phone: 1-844-621-3956
Access code: 803 065 284

UTH Offers a Free, Private, Confidential Personal Finance Tool
Nationally Acclaimed *Pete the Planner*



This Holiday Season

GIFT YOURSELF

Greater Savings



- Ask all your questions about money
- Develop your personalized plan
- Find true financial stability

START EARLY.
DON'T LET HOLIDAY
SPENDING SNEAK
UP ON YOU.

SCHEDULE AN APPOINTMENT: YOURMONEYLINE.COM/SCHEDULING
PHONE: 833.890.4077 EMAIL: ANSWERS@YOURMONEYLINE.COM

[More information & introductory video](#)
100% confidential

Arts & Resilience

ARTS & RESILIENCE

VISUAL ARTISTS

VIRTUAL SPEAKER SERIES 2021-2022

SPONSORED BY UTH WELLNESS AND THE MCGOVERN CENTER
FOR HUMANITIES AND ETHICS



**Brandon Tho
Harris**

Register Now

11/10/2021

Wed. 12 p.m.

Brandon Tho Harris is an interdisciplinary artist and arts professional based in Houston, Texas. His creative practice explores his identity as a child of war refugees. Through intensive research on the Vietnamese diaspora in relation to his family history, he examines notions of intergenerational trauma, displacement, and the land as a living archive. Found in his work are often self-portraiture, his family archives, found objects, raw materials, and historical images portraying the Vietnam war.

Join talented local professional visual artists as they discuss their work and creativity. Artists will lead attendees through brief creative exercises to foster personal creativity during these virtual sessions.



McGOVERN CENTER FOR
HUMANITIES & ETHICS



McGovern
MEDICAL SCHOOL

SPH Offers Chair Yoga & A Talk on Stroke Detection

A Free Chair YOGA session & A Talk on Stroke Detection

Date: November 2, 2021

When: Tuesday, 12:00—1:00 PM

Where: Zoom link:

[https://us02web.zoom.us/j/88565197731?
pwd=RDF4K1ZsUXJlbnR0TVRPZnNLbmc3UT09](https://us02web.zoom.us/j/88565197731?pwd=RDF4K1ZsUXJlbnR0TVRPZnNLbmc3UT09)

Meeting ID: 885 6519 7731 Passcode: 947367

Instructor: Chris Bishop, a Samani Yoga & Wellness 500- hour Registered Yoga Teacher, a Certified Mindfulness Teacher and a Certified Jon Paul Crimi Breathwork Facilitator who teaches vinyasa flow, yin, gravity and chair yoga.

This program is sponsored by UTSPH Wellness Committee.



[Zoom link to Chair Yoga & Stroke Talk](https://us02web.zoom.us/j/88565197731?pwd=RDF4K1ZsUXJlbnR0TVRPZnNLbmc3UT09)

Meeting ID: 885 6519 7731 Passcode: 947367

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