

Employee Assistance and Well-being Programs

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

January Wellness Newsletter 2022

New UTHealth Wellness Podcast

WELL
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CONNECTED



The goal of the Well Connected podcast is to create opportunities for employees to connect-the-dots between three things:

- What's going on in our head
- How these thoughts and feelings affect our well-being and
- Where I can access resources through the University to assist me

Well Connected is a podcast for faculty, staff, residents and fellows of UTHealth, brought to you by the UTH Employee Assistance and Well-being Programs office.

Listen to Episode 1 – 8 Dimensions of Well-being

with guest, Monica Guidry, LCSW, ACSW, Executive Director of EAP

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:

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7000 Fannin | Suite 1670 | Houston, TX 77030
713 500 3394 tel | 713 500 3330 fax
wellness@uth.tmc.edu