

## Employee Well-being Newsletter

AUGUST 2023

Employee Assistance and Well-being Programs

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



Delphi Medina, LCSW-S, LCDC, CSAT-S,  
CPTT-S, CDWF  
Senior EAP Account Representative

### August podcast

#### *Loving Someone with a Substance Use Disorder*

Listen as Delphi Medina helps us dissect concepts surrounding chemical addiction, family dynamics, healing and hope.

Podcast available on [Apple](#), [Google](#) and [Spotify](#).

Listen to Episode 20

### Join the UTHealth Houston Half Marathon/10K race team



Scan to register!

- Join the **UTHealth Houston team** and get a team race shirt to wear on race day!
- Scan the **QR code** to access registration link. Search: **UTHealth Houston** (which is the official team for all faculty, staff, residents and fellows.)
- Use your **UTHealth Houston email address** to register so you can access the discount
- Use the exclusive discount code, **UTH10**, for UTHealth Houston employees only.
- Take advantage of **free** training tips provided by the professional training team at the UTHealth Houston Recreation Center.
- Book a session with a personal trainer or join the Recreation Center to train in cooler temperatures (fees apply for both these items.)

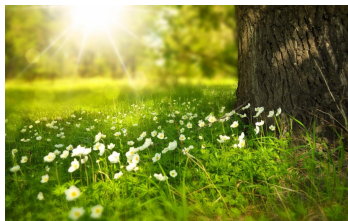
This is the first year UTHealth Houston is the signature sponsor for this event, so let's show-up to race together in mass!

# Do You Know?

Inquire

## Do You Know...

...UTHealth Houston has personal estate planning services available at no-cost for faculty and staff. This service is made available by the Development office through the company, Thompson & Associates: Values Based Estate Planning services.



Mon Link

Wed Link

Thurs Link

On demand

## 15 Minute Virtual Meditation

Focus for this month: **Using breath to calm yourself**

Mondays

12:00pm - 12:30pm

In person @ 12 noon JLL 454

Wednesdays

12:00pm - 12:15pm

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursdays

4:15pm - 4:30pm

Join by phone: 1-844-621-3956

Access code: 803 065 284

Can't make it to one of these sessions?  
We have On Demand sessions available!

Meditation leader

Alejandro Chaoul, PhD

*Huffington Foundation Endowed Director*  
**The Jung Center's Mind Body Spirit Institute**  
*Adjunct Faculty, UT Medical School and MD*  
Anderson Cancer Center

Employee Assistance and Well-being Programs  
713-500-3394 or email [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)

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