

Employee Well-being Newsletter

November 2023

Employee Assistance and Well-being Programs

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



Dolores Woods, MA, RDN, LD
Michael and Susan Dell Center for Healthy Living
UTHealth Houston School of Public Health

Listen to Episode 23

November podcast

Holiday Eating: Focus on Relationships Rather than the Food

Listen as Dolores Woods shares her insights on putting our relationships with people first, as a way to manage our nutrition during the holiday season. The podcast also includes a discussion about comfort food, tips for recipe substitutions, and choices related to desserts and beverages.

Dolores is a Nutritionist Supervisor for the Nourish Program at the Michael and Susan Dell Center for Healthy Living at UTHealth Houston's School of Public Health.

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

Fall into Fitness Drawing Winners!



If you are participating, make sure to have all your steps logged so we can bring the Traveling Trophy back to UTHealth Houston!

So far, we have drawn weekly winners and awarded the following items:

Week 1: Picnic blanket - **Anahi O.**

Week 2: Meal prep glass containers - **Lindsay P.**

Week 3: Hydration backpack - **Dana A.**

Week 4: 6-person camping tent - **Richard H.**

Week 5: 2-player pickleball set

Log your steps for a chance to win the next reward!

Do
You
Know?

LivingWell

Do You Know...

...Omada is a BCBSTX nutrition and weight management solution for UT Select subscribers? Many diets, programs, and apps tell you how to get healthy *their* way. Omada helps you find *your* way.

BCBSTX will be hosting a webinar on Omada, please see session details below:

Date: November 8, 2023
Time: 12:00 PM – 12:30 PM (CST)
Registration below

Register

More info



Mon Link

Wed link

On demand

15 Minute Virtual Meditation

Focus for this month: **Giving & Receiving Gratitude**

Mondays
12:00pm - 12:30pm
In person @ 12 noon JLL 454

Wednesdays
12:00pm - 12:15pm

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

Nov 16 Great American Smokeout

A good day to give up e-cigs, dipping, cigarettes

10.9 million Americans use e-cigs (truthinitiative.org)



Help quitting

5.2 million Americans use smokeless tobacco (cdc.gov)

43.6 million Americans use cigarettes (NIDDA.NIH.gov)

Employee Assistance and Well-being Programs
713-500-3394 or email wellness@uth.tmc.edu

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