

# FACULTY & STAFF WELLNESS RESOURCES



## PHYSICAL

### Living Well at Texas A&M

<https://livingwell.tamu.edu/>

- Employee Wellness Release Time  
*(30 mins, 3 times a week)*
- Free fitness classes
- Sleep education resources
- Walking/Running resources
- Nutrition series videos

### School of Pharmacy

<https://pharmacy.tamu.edu/>

- Stand-up desks/Ergonomic workstations
- Walk-Across Texas Step Challenge

### American Council on Exercise (ACE)

<https://www.acefitness.org/education-and-resources/professional/expert-articles>

- Free access to health and fitness insights
- Active Aging
  - Cardiovascular Training
  - Youth and Women's Health
  - Exercise Your Way to Stronger Bones

## FINANCIAL

### Living Well at Texas A&M

<https://livingwell.tamu.edu/financial-resources/>

- Staff Emergency Funds
- Webinars
- Employee Discount Program
- Employee Tuition Assistance Program

### ME Center (Money Education)

<https://money.tamu.edu/>

- Advice and workshops on financial goal setting, banking, budgeting, building credit, debt repayment, and more.
- In person or over the phone advising

## EMOTIONAL/ SOCIAL/ CAREER

### Living Well at Texas A&M

<https://livingwell.tamu.edu/>

- Classes and Events
- Parenting Resources

### Work/Life Solutions Program

<https://employees.tamu.edu/eap/>

- Mental health counseling
- Domestic violence assistance
- Elder care/child care resources
- Newsletters/online articles
- Free webinars and seminars
- Helpline for daily living resources/referrals  
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TEXAS A&M UNIVERSITY  
Irma Lerma Rangel  
School of Pharmacy