

# 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

### Wellness Works Program

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

- **Free Financial Counseling on Campus (must RSVP)**
- **Retirement Planning Services**
- **Online financial awareness videos/seminars**

### 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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