



April 29, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees
SUBJECT: AgriLife Employee Wellness Newsletter – MAY 2016

Welcome to the May issue of the AgriLife Employee Wellness online newsletter!

Texas A&M AgriLife Employee Wellness Committee | AgriLifeWellness@aq.tamu.edu | p. 979-845-2423

Just click on the **VIEW ISSUE** button below to view the issue.



[View Issue on Web](#)

Welcome!
MAY 2016 ISSUE

Top 3 Productivity Thieves and How to Fight Them
Follow this guide to use your time and complete projects more efficiently.



Inside:
Clear Your Head • Do Less, Sleep More • In An Emergency

To access the TopPerformance Online issue click the image above or you can copy and paste <http://www.personalbest.com/TopPerformanceOnline/Access.aspx?login=texasam&password=welch&issue=870> into your web browser. Also, if you want to bookmark this website, add the above link in your favorites.