



June 10, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees – Bryan/College Station

SUBJECT: New Wellness Program Announcement

We are pleased to announce that Texas A&M AgriLife, as part of our 2016 AgriLife Employee Wellness Initiative, has teamed up with BCS Health and Wellness to develop a worksite wellness program.

BCS Health and Wellness <http://www.BCShealthandwellness.com> offers an integrated and personalized program and these services are **free** for our employees!

BCS Health and Wellness programs begin with onsite fitness assessments for all interested employees. Information for the fitness assessment is attached. ALL future wellness participants are strongly urged to participate in the assessment process first as it will gather your interests in fitness and nutrition classes to be employed, as well as personal physiological finding, goal attainment and biometric assessments.

Click on this link to sign up for your free fitness assessment: www.SignUpGenius.com/go/30E044DABA922A1FA7-bcshealth1

These confidential assessments will be a guide in choosing the free wellness classes you would like to attend. Wellness Classes are scheduled to be held in the Physical Education Activity Program (PEAP) building.

We are excited to offer this new program! The BCS Health and Wellness assessments will be held in the AgriLife Administrative Services Building (AGSV), Rm. #456 beginning on **Monday, June 13, 2016.**

The program is completely voluntary, but, we hope that you will be inspired to participate. The everyday choices we make can help us live healthier and happier lives. Make the choice to invest time in your health!

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

Note: Please do not reply to this email, as this email address does not accept reply messages.