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

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Welcome!  JULY 2016 ISSUE

10 Keys to Daily Self-Care
Take a look at your to-do list for today. Are you on it? Taking care of yourself should be a top priority every day.

Inside:
When You Need Help  ●  The No-Lunch Lunch Break  ●  Passwords: Don't trust the system

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