



December 1, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees

SUBJECT: AgriLife Employee Wellness Newsletter – DECEMBER 2016

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

*** FYI - Keep up to date with the current Wellness Events by going to our website....[AgriLife Wellness](#)**

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

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TOP HEALTH.

Welcome!
DECEMBER 2016 ISSUE

Flu Vaccine Questions
Here are some key questions
and answers about the vaccine.

HEALTH OBSERVANCE

Influenza Vaccination Awareness Week is December 4 to 10.

Get Flu Shot

Go With the Flow: Aquatic Exercise • Post-Surgery Planning • Grocery Store Lessons

To access the TopHealth Online issue click the image above or you can copy and paste <http://www.personalbest.com/TopHealthOnline/Access.aspx?login=texasam&password=welch&issue=932> into your web browser. Also, if you want to bookmark this website, add the above link in your favorites.