



February 1, 2017

SUBJECT: AgriLife Employee Wellness Newsletter – FEBRUARY 2017

Welcome to the February 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](#)**

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TOP HEALTH.

Welcome!
FEBRUARY 2017 ISSUE

Carrying around pounds of excess body fat is a heavy burden on many levels.

WEIGHTY MATTERS

Inside:

What Do You Do for Your Heart? • Hypertension: High Risk for Type 2 Diabetes • Food Fads

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