



June 30, 2016

SUBJECT: AgriLife Employee Wellness Newsletter – JULY 2016

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

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

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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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