



May 7, 2020

TO: AgriLife Bryan/College Station Faculty and Staff
SUBJECT: "Moving Acts of Generosity" Wellness Event

The coronavirus has affected us all in some way. Many people in our communities have lost jobs, lost businesses, or are furloughed and are struggling to pay their bills. First Responders, healthcare workers and essential workers are on the front lines making huge sacrifices to help keep us safe and well.

Together, we can help make a huge impact on this crisis situation! A one-dollar donation helps provide at least 10 meals to children and families through the Feeding America network of local food banks.

AgriLife Employee Wellness invites you to participate in our "**Moving Acts of Generosity**" wellness event. The event dates are May 7, 2020 through June 7, 2020. Employees who participate in at least one of the Moving Acts of Generosity below will receive an AgriLife Employee Wellness t-shirt (pictured below) and be entered in a drawing to win one of five \$50 gift cards.

1. Donate to a local food bank, community and faith-based organization or, other non-profit serving the needy
2. Donate to an Animal Shelter
3. Donate to Twin City Mission
4. Donate to the on-campus food pantry, 12th Can
5. Donate blood/plasma
6. Provide an act of generosity to a First Responder
7. Provide an act of generosity to a Healthcare Worker or Essential Worker
8. Support a restaurant by purchasing a gift card
9. Be good to yourself - attend 10 AgriLife Employee Wellness virtual fitness classes (virtual classes [link: https://agrififeas.tamu.edu/wp-content/uploads/2020/05/Virtual-Fitness-Classes.pdf](https://agrififeas.tamu.edu/wp-content/uploads/2020/05/Virtual-Fitness-Classes.pdf))
10. Your own creative "Moving Act of Generosity"



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Prizes:



You will receive one of these t-shirts and be entered into a drawing to win one of five \$50 gift cards.

Email proof (take a picture of yourself performing one of the acts of generosity, a copy of your receipt, or thank-you letter) to AgriLifeWellness@ag.tamu.edu to receive a t-shirt and to be entered into the drawing.

Together we can make a difference!



For questions, please contact: *Texas A&M AgriLife Employee Wellness Committee* | AgriLifeWellness@ag.tamu.edu | p. 979-845-2423

Check out the [AgriLife Employee Wellness webpage](#) for upcoming events and resources