




October 3, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees
SUBJECT: AgriLife Employee Wellness Newsletter – OCTOBER 2016

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

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


OCTOBER 2016 ISSUE

Fit to the Core

Your core muscles act as a bridge between your upper and lower body. Strengthening your core helps you improve everyday movements.



Inside:



Breast Health: What You Need to Know • Nutrition and the Common Cold

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