

Living room



TEXAS SOUTHERN UNIVERSITY



Webinar: March 17, 2009

1 to 2 pm and 3 to 4 pm Eastern

Live Well on the Fast Track

Exercise? Cooking healthy foods? Relaxation? Who has time in their day for all of that? Learn basic tips and techniques for quick but effective exercise, and fast but healthy meals and snacks.

You can register at www.uteap.org. Click on Member Services to get to the member portion of our website. From there, click on WorkLife (on the left-hand side) and follow the link to access the log-in portion of the website. (Password: tsu.) The link for the Webinar will be under Events on the right-hand side of the page.

Well-Being

March

09

What is well-being? More than just feeling good, it's the comfort in knowing that you are in good physical, mental and spiritual health. That your mind is at ease and that you are maintaining healthy relationships with the people around you and with your community. We can help you get there.

Visit www.uteap.org to read featured articles on healthy eating. Learn tips for relaxation and stress reduction. Find out about healthy communication.

One of our work-life specialists can assist you with resources and information to help you on your road to well-being. Call toll-free and get started.



Log on to: www.uteap.org

Call: (713) 500-3327