An Ounce of Prevention = A Pound of Cure: Annual Wellness Exam

Exam:
Muscle strength, balance, and reflex check
Head, neck, and abdominal exam
Heart and lung exam
Measuring vital signs

Wednesday, May 31, 2023 from 12:00 pm to 1:00 pm

Register here.

Join Fidelity to learn more about tackling debt and understanding your credit score. During this webinar you will discover different strategies for paying down debt and how to prioritize. You will have a better understanding of how credit scores can affect your overall financial wellness. This session will assist in taking control of your finances.

Join us Wednesday, May 31, 2023 from 12:00 pm to 1:00 pm and discover:
- Strategies for paying down debt
- Prioritizing your payments
- Understanding how credit scores affect your financial wellness

If you have any questions about these webinars or Emory’s WorkLife resources, please contact Mary Ellen Eady at mary.ellen.eady@emory.edu.

Healthy Plate Challenge is happening NOW!

Improve your nutrition and boost your well-being with Operation Eat Right, which runs May 1 to June 30.

1. Read the “Low Sodium Cooking in 3 Simple Steps” Article
2. Watch the “How Whole Grains Help Your Blood Pressure” Video
3. Hydration Challenge (June 1 – 30): Drink at least half your body weight (oz) of water each day for at least ten days
4. Healthy Plate Challenge (May 1 – 31): Eat 3-5 servings of fruits and vegetables for at least 21 of 30 days

SUBMIT A STORY TO MARY’S BLOG
If you have any stories you would like to share on Mary’s Blog, please email them to talent.management@emory.edu.

Flag Day (June 14th) is a day set aside to commemorate the adoption of the U.S. flag on June 14, 1777. The new Emory Veterans Employee Network (EVEN) invites all Emory University faculty, staff, and students to participate in the celebration.

If you are in the military or on active duty, or you or your family member served during a previous war, you are eligible. Please visit our webpage on rewards and incentives for more information.

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