



POWERUP NEWSLETTER

HR Health & Wellness

October 2017

UH Faculty/Staff Tailgate & Game



Hosted by the Faculty Senate and Staff Council, employees and their families are invited to attend the “Night under the Stars” Tailgate on game day, Thurs Oct. 19, from 4 to 7 p.m. at Shasta’s Square/Gate 4. Free food, drinks, music and plenty of swag for UH employees and their families will be provided. The Game against Memphis will follow at 7pm inside TDECU Stadium. Free Faculty/Staff tickets may still

be available. Employees can also purchase [game tickets online](#) for \$10 ea. using code FSCOOGS. To learn more, click [here](#).

Houston Corp 5K: Join Team UH!

Join your colleagues for the inaugural [Houston Corporate Run 5K](#), Mon Oct. 23 - Thurs Oct. 26 at Memorial Park! ALL employees are welcome to participate by RUNNING or WALKING the route. The event will be held over a 4 day period allowing employees to participate on a day/time of their choosing. The first 50 employees to register receive 50% off of the registration fee! Sign up at the [UH team page](#). To learn more, click [here](#).



On Campus No-Cost Flu Shots for Eligible Employees

Have you been putting off getting your flu shot? Register now to get yours *on campus* this month. From 11 am - 2 pm,

Wed Oct. 25, HEB pharmacists will offer a Flu Shot Clinic in the Student Center South, Space City Room, for eligible BCBSTX HealthSelect members. (Flu shots for KelseyCare members yet to be confirmed. More info. to come soon.) BCBSTX members [register](#) now. To learn more, [click here](#).



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Contact Us

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<http://www.uh.edu/human-resources/wellness/>

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Mobile Mammograms

Following *Breast Cancer Awareness Month*, [The Rose](#) will be on campus to provide 3D/2D mobile mammography services to qualified UH employees. Screening will be offered with no co-pay or additional out-of-pocket expense to employees with BCBSTX HealthSelect (or other [accepted insurance](#)) from 7:30 a.m. to 2:30 p.m., Wed Nov. 7, and 11:00 a.m. to 6:00 p.m., Thurs Nov. 8 at [Lot 19F](#) in their state of the art mobile unit. [Register](#) early! To learn more, [click here](#).



Monthly Public Art Tours



[Public Art at the University of Houston System](#) will be hosting tours from noon to 1 p.m. the first Friday of each month throughout the 2017-2018 academic year. Plan now to enjoy a leisurely walk while touring the amazing public art on campus. All tours are free and open to the public. To learn more, [click here](#).

FEATURED EVENT: RX Take Back

The UH Health Center Pharmacy now has an RX Take Back kiosk for anonymous, safe and convenient disposal of unwanted, unused or expired Rx, including controlled substances.

Kiosks will become available October 23. To learn more, [click here](#)

UH Farmer's Market

Organized by [UH Dining Services](#) and the [Office of Sustainability](#), the UH Farmer's Market kicked off Sept. 27 with local vendors offering a slew of locally sourced and produced food items to students, faculty and staff. The next one will occur on Wed Oct. 25 at the Student Center South circle drive from noon to 4 p.m. Plan now to attend! To learn more, [click here](#).



UP AND COMING:

Lunch and Learn: Diabetes – Beware the Silent Killer. Kelsey-Seybold's Dr. Anush Pillai presents Thurs., Oct. 19, 12 – 1 p.m., EDR Pavilion, 2nd Floor - M.D. Anderson Library. Register via PASS (HRT079).

Lunch and Learn: Hypertension – What You Don't Know Can Hurt You. Kelsey-Seybold presents Thurs Oct 31, 12-1pm, ERP Building 1, Rm 214. Register via Amy Garcia (832-842-4931) Thurs Nov 2, 12 – 1 pm, EDR Pavilion, 2nd Floor - M.D. Anderson Library. Register via PASS (HRT079)

Retirement: What You Need to Know. TRS and ERS present this day long series of workshops Fri., Nov. 3, 9 a.m. – 3 p.m., in the EDR Pavilion, 2nd Floor – M.D. Anderson Library

UH Diabetes Wellness Day -- Free on-site screenings, education and counseling. Hosted by the University Eye Institute (UEI), Colleges of Nursing and Pharmacy and other on- and off-campus partners in the UEI Tues., Nov. 14, 12 – 4 p.m.

Know of a wellness activity open to all UH faculty and staff? Send it to POWERUP@uh.edu. Space permitting we'll include it in the POWER UP newsletter.