YOUR HEALTH & WELL-BEING...

June 15th-21st is Men’s Health Week.  UAlbany Men...Why not use this health observance week to make that doctor’s appointment for a check-up, to take steps to eat healthier foods, or to incorporate more exercise in your life for fun and stress reduction!  

Men’s Health Network publishes a helpful resource titled Blueprint for Men’s Health: A Guide to a Healthy Lifestyle.  To access this free publication go to:  http://www.menshealthnetwork.org/blueprint/index.htm

Tips to Help Prepare for Those Hot, Summer Days.....Just a reminder…The New York State Energy Research & Development Authority (NYSERDA) has written an informative article for UAlbany employees titled Little Steps, Big Savings.  We hope these tips will help you make your “energy-wise and money-saving” plans for the summer months. To access the article, go to:  http://www.albany.edu/eap/links.htm

WORKPLACE WALKING

’Tis the season for some delightful outdoor walking! Check out America on the Move http://com2.americaonthemove.org/home.aspx or the American Heart Association http://www.americanheart.org/presenter.jhtml?identifier=3053031 for great walking tips. Join your co-workers for a “friendly and motivating” competition to see who can take the most steps this summer, and then let EAP know about your endeavors. We’d love for you to write an article for the fall EAP newsletter about your summer walking adventures!

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ASSESSMENT AND REFERRAL SERVICE

Offering Resources and Support to UAlbany Employees

The Employee Assistance Program (EAP) Coordinator is available to provide free, confidential assistance to all UAlbany employees. EAP focuses on such concerns as work stress, family and relationship issues, interpersonal difficulties, substance abuse or dependency, aging parents, legal matters and financial concerns. For information on the Assessment and Referral Service:  http://www.albany.edu/eap/

EAP GOALS:

• To provide confidential support, assessment & referrals for employees, family members, and retirees
• To promote health and well-being through a variety of enrichment programs
• To foster a greater sense of community

EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, retirees and GSEU members.

SUMMER READING

There’s nothing like grabbing a book and heading outside to do some leisure reading. The EAP Library has some inspiring books on its shelves for your summertime reading experience. To find out what books are available, go to:  http://www.albany.edu/eap/eap_library.htm