



## WELLNESS NEWSLETTER

SEPTEMBER 2025

WELCOME TO OUR

# *Monthly Newsletter*



## **Healthy Aging Month, Ovarian and Prostrate Cancer Awareness Month, and Suicide Prevention**

### Did You Know?

- Healthy eating can lead to weight loss, higher energy levels, better sleep patterns, and longevity of life.
- Healthy eating can also lead to decreased chances of certain types of cancer, high blood pressure, high cholesterol, obesity, and diabetes.

## **In This Newsletter**

1. Blue Cross Blue Shield Connect Community Articles
2. Monthly Webinars
3. WellOnTarget Resources
4. Other Wellness Related Benefits



## Blue Cross Blue Shield Connect Community Articles

[You Can Keep Your Brain Healthy at  
Any Age](#)

[What You Need to Know About  
Prostate Cancer Testing](#)

[Women: Make a Plan for a Long Healthy  
Life](#)



## Monthly Webinars

Code Word: BETTERME

Flourishing Through Life Transitions:

[September 5, 2025 12pm CST](#)

[September 17, 2025 2pm CST](#)

Raising Future Ready Kids 3: Empowering  
Parents in a Social Media World:

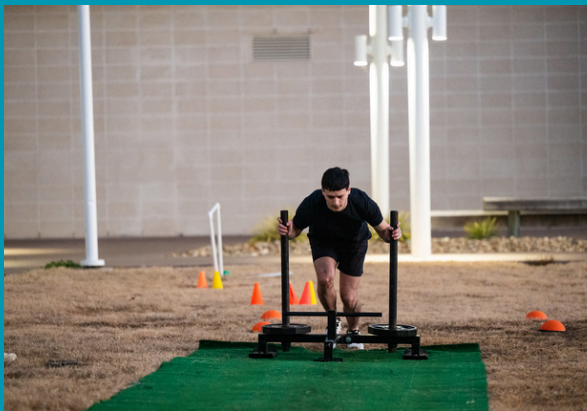
[September 9, 2025 12pm CST](#)

Squirrels and Shiny Objects: Addressing  
Problems with Focus and ADHD:

[September 18, 2025 10:30am CST](#)

Promoting More Helpful Self-talk:  
Advanced Strategies to Address The  
Core Of Your Thinking:

[September 26, 2025 11am CST](#)



## Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)



## What types of physical activity do older adults need to stay healthy?



### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



### Mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



Try activities that count as more than 1 activity type, like dancing, sports, or tai chi.

If that's more than you can do right now, **start slow and do what you can** — even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



## More Resources

[Healthy Aging with a Healthy Brain](#)

## Cancer Care Resources

[Get Ahead of a Stealthy Cancer](#)

[Know the Signs, Know Your Risk](#)

# Suicide Prevention Resources

## Learn to Live Bulletin: September is Suicide Prevention Awareness Month

## Recognizing the Signs and Finding Help

## Lots of Parents Think Their Kids Are Immune

### Personal Challenges

Ready for a WHOLEsome Challenge? Each day, for the next two weeks, choose to eat whole foods whenever possible (14 days)

Nature Nurture: Nature exposure can improve behavioral health. Spend at least 20 minutes outdoors each day. (14 days)

Want to join the wellness listserv?  
Email: [wellness@etamu.edu](mailto:wellness@etamu.edu)

Have questions about benefits?  
Email: [Benefits@etamu.edu](mailto:Benefits@etamu.edu)