



Employee Wellbeing Monthly Tipsheet

JULY 2023

July is Summer Health Month

Summer can be a time for relaxation, excitement, and lots of outdoor fun, but it also ushers in some seasonal health risks. Now is the time to create healthy habits and take simple precautions that can keep these at bay. Make summer more enjoyable and safer with these obliging resources and events.



Ways to Celebrate Summer Health Month:



Eat Healthy

Take advantage of summer's fruit and veggie bounty.

Drink Water

Water is a natural, healthy, and sugar-free way to stay hydrated.

Take 10

Whether you are going for a short walk or spending a day at the beach wear a wide-brim hat or later up with SPF 30 or higher.

Move More

Adults need at least 30 minutes of physical activity per day to stay healthy.

Protect From the Sun

Whether you are going for a short walk or spending a day at the beach wear a wide-brim hat or later up with SPF 30 or higher.

July 2023 Wellness Events:

July 10-16, 2023

Virgin Pulse Healthy Habit Challenges

Earn 500 points by clicking yes 5 to 7 days inside your Virgin Pulse app

Tuesday, July 11, 11-2 p.m.

Infused Water Hydration Station

John Lewis Student Center first-floor stairs

Summer Wellness Resources:

- [Infused Water Combinations](#)
- [Working In the Summer](#)
- [July is UV Safety Month](#)

Employee Resources:

- [Earn Your \\$200 Well-being Credit](#)
- [EAP \(Employee Assistance Program\) service from Kepro](#)
- [USG Well-Being Events](#)
- [Tech Coloring Pages](#)
- [Take a walk on the Tyler Brown Pi Mile](#)
- [Eco-Commons](#)

Feature Event for July:

Wednesday, July 12, 11-12 p.m.

Staff Council July Wellness Wednesday

*Bill Moore Student Success
Center, Press Room A*

Register Today.

