



# PRAIRIE VIEW A&M UNIVERSITY

A Member of the Texas A&M University System

March 12, 2007

OFFICE OF BUSINESS AFFAIRS MEMORANDUM No. FY07-47

Delivered via Campus Email

To: Faculty Staff & Students

From: Mary Lee Hodge *mhl*  
Vice President for Business Affairs

Re: Benefits Fair- "Step Into Spring with Health & Wellness"

Prairie View A&M University, promotes a holistic work/life balance to its faculty and staff. To explore more of the work/life aspects in each of our lives, the University will hold its second Health Fair on March 20, 2007, from 9:00 a.m. to 3:30 p.m. in the Memorial Student Center Ballroom. This event will be hosted by the Office of Human Resources and the staff Advisory Council. President Wright has approved all employees to have 30 minutes at a time agreed to by his/her supervisor to attend the event.

This year's theme for the health fair is "Step into Spring with Health & Wellness". The health fair will have numerous health and wellness providers distributing information and generating awareness about the services they offer. Featured companies include: **Blue Cross Blue Shield, Scott & White Health Plan, Delta Dental, Spectra Vision** and more. In addition, concurrent information sessions related to health and wellness will be offered each hour for the duration of the fair, some discussion topics for the sessions are: **"Maintaining your Brain", "General Wellness to Stay Healthy", "Eat Smart" and "Caring for an Elderly Parent"** and many more.

President Wright and the Office of Human Resources encourages all faculty, staff and retirees to attend both the health fair and a informational session of choice. Door prizes will be given away by our featured companies every hour. Attached is the information session schedule to help you identify sessions of interest and to map your day around the health fair.

If you have any questions regarding the health fair, please contact Ms. Becky Standlee, Employee Benefits Associate, by phone at 936-261-1727 or [rlstandlee@pvamu.edu](mailto:rlstandlee@pvamu.edu).

xc: President George C. Wright

Attachments

# Schedule of Events for Health and Financial Fair

## *“Step Into Spring With Health and Wellness”*

March 20, 2007

Time	Concurrent Sessions	
8:00 a.m. – 8:45 a.m.	Exhibitor Sign-in and set-up	
9:00 a.m.	Fair Begins and doors open to faculty, staff and retirees	
9:15 a.m.	Welcome and Greeting from Office of Human Resources	
	<b>Session 1</b>	<b>Session 2</b>
9:00 a.m. – 9:50 a.m.	“Maintaining Your Brain” presented by The American Alzheimer’s Association Advisers	“General Wellness to Stay Healthy” BlueCross BlueShield of Texas
10:00 a.m.	Hourly Door Prize Drawing and give away	
	<b>Session 1</b>	<b>Session 2</b>
10:00 a.m. – 10:50 a.m.	Stress Management” Presented by Employee Assistance Programs	“Caring for an Elderly Parent” presented by AARP
11:00 a.m.	Hourly Door Prize Drawing and give away	
	<b>Session 1</b>	<b>Session 2</b>
11:00 a.m. – 11:50 p.m.	“Smoking Cessation” Presented by Employee Assistance Programs	“Eat Smart: Key to Good Health” presented by Dr. Sharon McWhinney, Prairie View A&M University
12:00 p.m.	Hourly Door Prize Drawing and give away	
12:30 p.m.	Door Prize Drawing and giveaway (during lunch hour)	
12:00 p.m. – 1:00 p.m.	Pilates exercise demonstration – Fairfield Athletic Club	
1:00 p.m.	Hourly Door Prize Drawings and give away	
	<b>Session 1</b>	<b>Session 2</b>
1:00 p.m. – 1:50 p.m.	“Graduate Student Health Plan” Presented by Terry Harkins, AIP International	“Stress Management” Presented by Employee Assistance Programs
2:00 p.m.	Hourly Door Prize Drawing and give away	
	<b>Session 1</b>	<b>Session 2</b>
2:00 p.m. – 2:50 p.m.	“General Wellness to Stay Healthy” Presented by BlueCross BlueShield of Texas	“Maintaining Your Brain” presented by The American Alzheimer’s Association Advisers
3:30 p.m.	Fair ends and exhibitors pack-up	