**POWERUP NEWSLETTER**

HR Health & Wellness

**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 will follow with the UH Cougars taking on the Memphis Tigers at 7 p.m. inside TDECU Stadium.

Faculty and staff can 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 BCBSTX & KelseyCare Members**

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 and Kelsey-Seybold providers will offer a joint Flu Shot Clinic on site in the Student Center South, Space City Room. Eligible BCBSTX HealthSelect and KelseyCare members register now to receive your yearly flu shot which protects against the four influenza strains most likely to cause illness. To learn more, [click here](#).

**In This Issue**

- UH Annual Faculty/Staff Tailgate & Game
- Houston Corp 5K: Join Team UH!
- On Campus No-Cost Flu Shots for BCBSTX AND KelseyCare Members
- Mobile Mammograms
- Monthly Public Art Tours
- UH Farmer’s Market
- FEATURED EVENT: “Diabetes – Beware the Silent Killer”
- UP AND COMING

**Contact Us**

713-743-3988

[http://www.uh.edu/human-resources/wellness/](http://www.uh.edu/human-resources/wellness/)

POWERUP@uh.edu
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.

UP AND COMING:

- **Lunch and Learn**: Hypertension – What You Don’t Know Can Hurt You. Kelsey-Seybold’s Dr. Anush Pillai presents Thurs., Nov. 2, 12 – 1 p.m., EDR Pavilion, 2nd Floor - M.D. Anderson Library.
- **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.

More information to come soon!

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.