

September, 2015

Wellness Events this Month!



10th September

Join Us

September 10th at 1pm in front of **Lanier East** or the **Recreation Center** for a Suicide Prevention Day Awareness Walk. We will meet at the steps of the Student Center for a moment of silence and a balloon release.

Did you know that every 13 minutes there is a death by suicide in the United States?

What warning signs should you look out for in yourself or those you care about?

- Loss of interest in daily activities
- Sleep changes
- Loss of energy
- Reckless behavior
- Unexplained aches and pains
- Appetite or weight changes
- Anger or irritability
- Self-loathing
- Concentration problems
- Feelings of helplessness and hopelessness

Resources for you...

As an employee of TSU you can get free and confidential counseling sessions. All you have to do is call the **Employee Assistance Program - UTEAP** at (800) 346-3549. They will ask for your contact information and email you a list of counselors in your area.

You can also call the **National Suicide Hotline** at 1 (800) 273-8255. If there is an **IMMEDIATE** risk, call 911.

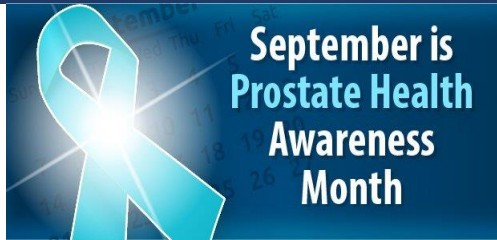


Health Promoting Benefits of Yoga

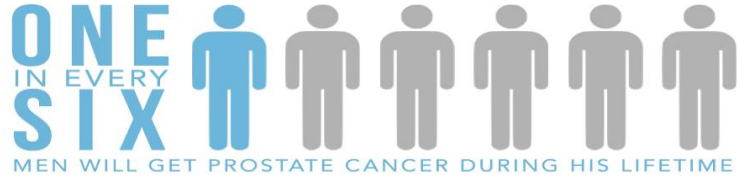
- Emotional Health boost and better sleep
- Back pain treatment
- Enhances fertility
- Detoxes the body and improves metabolism
- Reduces risk of heart disease
- Eases asthma symptoms
- Helps with Multiple Sclerosis and Arthritis
- Boosts memory and removes mental stress
- Helps with post-traumatic stress disorder (PTSD)

Full article: [Click to view article on EverydayHealth.com](http://www.EverydayHealth.com)

Men's Health



PROSTATE CANCER: GET THE FACTS



Learn more about prevention, early detection and treatment by visiting the [America Cancer Society](http://AmericaCancerSociety)

Risk Factors For Prostate Cancer

- **Age:** Chances increase rapidly after age 50
- **Race:** Most often occurs in black men
- **Geography:** Most common in North America
- **Family History:** Having a father or brother with prostate cancer more than doubles the risk of developing the disease
- **Gene Changes:** BRCA1 or ORCA 2 genes increase prostate cancer risk
- **Diet:** in some cases, diets high in red meat and high-fat dairy appear to increase risk. Low fruit and vegetable intake has also been connected to increased risk.

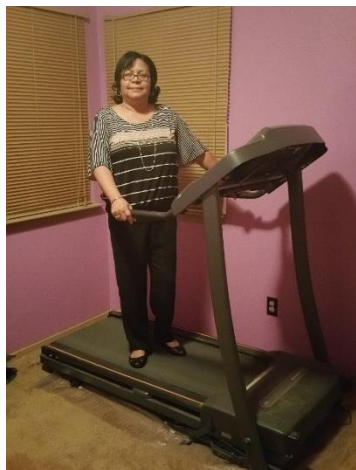


Talk to your doctor about your risk factors and early detection.



Wellness Champion of the Month!

Shirley Harper, General Accounting



What motivates me about wellness: I did not take wellness seriously. My days were filled with Church activities and the daily stresses of work. I lived life without a thought of being healthy, until the year 2009 when I had a stroke. I was warned by my doctors prior to that day to *exercise and diet*. Well, after that dark day in January, my eyes were opened (though my stroke rendered me blind for nine days). I began to seriously realize that *God gave me one life and I had better be a good steward over that gift*. I started attending as many health awareness programs as possible, which led me to join the Wellness Champions. I have enjoyed and received great benefits from this health group and I look forward to the future with the Wellness Champions of Texas Southern University.