

Staff Wellness Resources At Your Fingertips!



School Employee Wellness

www.schoolempwell.org

Texas Department of State Health Services
School Health Program

www.dshs.state.tx.us/schoolhealth/cshstaffwellness.shtm

Prevention Institute

<http://preventioninstitute.org/index.html>

Wellness Proposals

www.wellnessproposals.com

Texas Coalition for Worksite Wellness

www.txworksitewellness.org

Wellness Councils of America

www.welcoa.org

National Institutes of Health *“Wealth of Health Information”*

<http://health.nih.gov>

Health Finder

www.healthfinder.gov

Medline Plus

<http://medlineplus.gov>

Move! Weight Management Program

www.move.va.gov

Walk Across Texas

<http://walkacrosstexas.tamu.edu/>

Texas Round-Up

www.texasroundup.org

Get Fit

www.getfit.samhsa.gov

America on the Move

www.americaonthemove.org

TEXERCISE

www.texercise.com