

## ONGOING ACTIVITIES:

### **Walking Club**

Meets every Tuesday & Thursday at 4:45 p.m.  
Activity qualifies for Health Release Time

### **Rec Sports Punch Pass**

Complimentary two-week pass to our on-campus Kinesiology & Recreation Center  
Get yours today!

### **TAMIU in the Community Volunteer Service Challenge**

Email [healthyu@tamiu.edu](mailto:healthyu@tamiu.edu) for additional information!

### **Noon Basketball Association**

Meets every Tuesday & Thursday at noon in the KCB  
Activity qualifies for Health Release Time

Welcome to HealthyU E-news! Your weekly source of health and wellness information. We will be sharing tips and resources related to your overall health, fitness, and nutrition. In addition, you can find information on upcoming HealthyU events. Happy reading!



## **BlueCross BlueShield of Texas**



### Snoring

BlueCross BlueShield Clinical Specialist, Michael Dettner talks about snoring. Watch the video and you may find some eye-opening information in a short amount of time.

[Click here to watch!](#)



### Stroke Awareness Fair

May is National Stroke Awareness Month! Doctors Hospital of Laredo will be hosting a Stroke Awareness Fair Saturday, May 21st. Join them to learn all you can about stroke prevention.

[Click here for event information](#)



### Recipe of the Week:

#### **Apple Nachos**

Easy recipe for you and your kids to make! You can do the apple splicing and the kids can assemble the nachos themselves!

[Click here for recipe](#)

### Fitness Tip of the Week: Learn Yoga Pose by Pose

#### [Extended Single Angle Pose - Week #9](#)



### World No Tobacco Month

Take Action...Take the Pledge

In recognition of World No Tobacco Day, the College of Nursing and Health Sciences in collaboration with the TAMIU SCAN Prevention Project Grant and Student Health Services are encouraging employees and students to take action and take the pledge to be smoke-free.

To learn about tobacco cessation products, resources and services available through the Texas A&M University System's Wellness Program, please click [here](#).

[Click here to take the pledge!](#)