



Join the TAMIU in the Community Service Challenge!

TAMIU in the Community is a volunteer service challenge newly introduced to the HealthyU Employee Wellness Program. TAMIU employees will compete on an individual and team basis with the goal of completing the most service hours by October 31, 2015. Winners will be announced at TAMIU's Annual Christmas Party in December 2015.

TAMIU in the Community Service Challenge Goals:

To introduce TAMIU faculty and staff to community and volunteer service as a method to engage in a healthy lifestyle and activities. Community engagement is about giving to others; however, there is a lot an individual can gain from offering their time and commitment to those in need. Volunteer service has proven to provide health benefits such as increased optimism and self-esteem and decreased stress. There are many opportunities to volunteer: exercise using the Charity Miles application on your smartphone, volunteer at a non-profit agency, or lend out a helping hand at SCCE's annual service events.

By participating in TAMIU in the Community, we hope to open the door to an amazing journey into service – after all, service is one of four core values at TAMIU!

How to Participate:

A team of six (6) comprised of TAMIU faculty & staff with one person named team captain.

Establish a team name.

Don't forget to share your service photos with us!

Team Name: _____

Team Captain Name: _____ Department: _____

Extension: _____ Email: _____

TEAM MEMBERS:

Name	Department	Extension	Email