

# Healthy for Life

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Setting and meeting financial expectations can improve your general well-being.  
Click on each shape to learn more about how to create financial wellness!

[Retirement  
Seminars](#)

[Household  
Budget](#)

[Save Money](#)

## April is *Alcohol* Awareness Month

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease and digestive issues.
- Learning and memory problems, including dementia and poor work performance.
- Mental health problems, including depression and anxiety.
- Some cancers.



Click [here](#) to find resources.



**National Suicide Prevention Hotline**

**1-800-273-8255**



Please email any questions, comments, or personal success stories to: [wellness@umsystem.edu](mailto:wellness@umsystem.edu)

## 5 Ways You Can Help Create a Positive Workplace



## RECIPE OF THE MONTH



[Spring Vegetable Quinoa  
Minestrone](#)



Remember to look for this logo to make sure an event is approved for points!

## Helpful Links

- [Discounts & Resources](#)
- [Cerner Wellness Portal](#)
- [Incentive Activities](#)
- [Real Appeal](#)
- [Wellness Homepage](#)
- [Extension H4L Classes](#)