

Employee Wellness

The UT Dallas Employee Wellness Program offers several services and resources to faculty and staff to support the well-being of employees, retirees and their family members. These includes health promotions/screenings, nutrition, fitness, EAP and financial planning. Visit utdallas.edu/wellness for more information.



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Nutrition/Health Promotion

- Behavioral Modifications
- Lifestyle Modifications
- Nutrition Coaching/Counseling
- Smoking Cessation
- Health Screenings
- Wellness Events

[utdallas.edu / wellness](http://utdallas.edu/wellness)



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