HEALTH MATTERS

Importance of Annual Physicals

Annual physicals are a vital part of preventing illnesses and maintaining a healthy life. A routine physical can detect problems early on, while treatment is still an option, or while a diagnosis can be easily made. It is important to stay on top of your health, and make sure that you're having regular check-ups. Your primary-care practitioner should be your partner in managing your preventive care. Take time to ensure a healthy summer by scheduling your annual physical.

Summer Safety Tips for Families

Learn how to keep your family safe this summer with these helpful tips from the American Academy of Pediatrics (AAP). Whether you have a baby or teenager, you'll find these tips relevant to keeping you and your loved ones healthy and happy. For more information click here.

Sun Safety Tips

One in five Americans are found to have skin cancer in their lifetime. With these tips from the American Cancer Society (ACS), learn how to be protected from UV rays and how to prevent yourself and your family members from being part of the epidemic. For more information click here.

Hurricane Safety

How prepared are you for hurricane season? Whether you're living in an area vulnerable to hurricanes or travelling to one, make sure you know how to minimize the potential damage to yourself and to your belongings. These helpful tips include planning evacuation routes, communicating during an emergency, and pet safety: click here for additional information.

Preventing Sports Injuries

Playing sports is a great way to have fun and stay active during the summer. Learn how to minimize injuries and stay healthy with these safety tips from the American Academy of Orthopaedic Surgeons (AAOS). For more information click here.

Summer Fire Safety

The annual number of Americans injured by grill fires is almost 5,000! The U.S. Fire Administration has put together this comprehensive list of ways to be safe this summer. For more information click here.
Seasonal Food Facts

Did you know that food-borne illnesses rise during the summer? Bacteria is able to grow faster in warmth, and with more people cooking outdoors, refrigerators aren't always an option. Learn how to prevent cross-contamination and undercooking with these helpful tips: click here.

Protecting your Pets

Humans aren't the only ones who need to stay safe in the summer. Pets are often even more vulnerable to the hazards of hot weather. Make sure you know how to keep your loved one safe with these tips from the American Kennel Club: click here.

Travel Safety

The summer is the perfect time to get away. Whether you're going abroad or traveling domestically, these helpful tips put together by the Bureau of Consular Affairs will guide you through packing, security in the airport, and staying safe in your destination. For more information, click here.

Parks in the City

New York City is home to 29,000 acres of land devoted to parks and recreation. From photography exhibitions in Staten Island to Yoga in Bryant Park, this summer take advantage of the opportunities to attend free events offered by the NYC Parks Department. For more information, click here.

MONEY MATTERS

Planning Your Financial Goals

Is your retirement portfolio well positioned? Now more than ever is the time to take advantage of financial advice and planning services offered by TIAA-CREF and Vanguard.

To schedule your one on one consultation to discuss your plan and options for managing your retirement savings, you can contact a consultant at the following numbers:

**TIAA-CREF**: (800) 732-8353, Monday through Friday, from 9:00 a.m. to 8:00 p.m.
**Vanguard**: (800) 662-0106, Ext. 14500, Monday through Friday, from 9:00 a.m. to 5:00 p.m. or online at [www.meetvanguard.com](http://www.meetvanguard.com). Your spouse or partner is welcome to attend your session.
COMMITTEE MEETINGS

Meeting Dates:


If you have any questions, please contact us at LiveSmart@nyu.edu