



HEALTH MATTERS

MONEY MATTERS

COMMUNITY MATTERS

## JULY/AUGUST: LIVESMART SUMMER TIPS

### Carebridge Life Resources

If you have any pressing life concerns, you can lean on Carebridge Life Resources at any time of the year. Carebridge has partnered with NYU to provide employees assistance with a variety of life issues including health and wellness, financial and behavioral counseling, as well as child and elder care. Carebridge Life Resources is available 24 hours a day, 7 days a week, 365 days a year. You can contact them via internet at [www.myliferesource.com](http://www.myliferesource.com) or 1-800-437-0911. Reference NYU access code **FTN59** when contacting Carebridge.

### Weight Watchers® at Work

**Tuesday, July 3, 10, 17, 24, 31, August 7, 14, 21, 28 12:00 pm - 1:00pm**

**Location: NYU Student Health Center, 726 Broadway, 2nd floor conference room**

Follow through on your goal to lose weight with NYU's Weight Watchers® at Work program. Learn healthy eating habits and lose weight with the support of your colleagues. New members are welcome to join at any time and the non-refundable participant fee (\$196 fee for 17-week series) will be prorated.

### Electrical Safety During the Summer

With the summer upon us, potential electrical hazards are all around us. Make sure you are knowledgeable to the dangers of electricity that potentially loom. If you're relaxing by the pool, working on a new project at home or staying indoors while a severe thunderstorm rumbles through your area, be aware of the risks involved. To learn more about the potential electrical dangers associated with summer, [click here](#).

### Staying Alert On The High Seas

A cruise on a luxury liner to a far distant land or sea is the dream vacation of a lifetime for many. However, it has been highly documented that many dangers lurk aboard these comfort vessels. Make sure you are well seasoned in the ways and means to avoid any potential risks during your tranquil journey. Before setting sail on the high seas, [click here](#).

### Ga\$ Up For Carpooling

Does your pocketbook seem a little light with the price of gasoline? You may want to reexamine your commute to and from NYU. If you are interested in finding out about the advantages that carpooling offers, [click here](#).

### Keeping Your Food Healthy

Pack a basket and refuel your spirit with a camping trip to Montauk. Get your blood flowing while boating on the Long Island Sound. Reconnect with nature during a hike in the Adirondack Mountains. All day activities such as these require multiple meals throughout the day. If food is not properly cared for, food borne illness can strike and ruin the day. To learn how to protect yourself and your loved ones and become well versed in food handling, [click here](#).



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## ♥ **Cool As A Cucumber**

Many activities are held outdoors during the dog days of summer. There are many complications when overexposure to extreme heat occurs. Heat stroke, heat exhaustion or sunburn can ruin your summer fun. Learn how to stay cool and avoid these ailments when you [click here](#).

## ♥ **Summer Adventures in NYC**

NYC is the largest urban adventure playground in the country. There are 14 miles of beaches, 54 outdoors pools and 28,000 acres of greenery in over 700 public parks to enjoy throughout the five boroughs. To plan an adventure and navigate through the wealth of activities with the help of NYC's Department of Parks & Recreation, [click here](#).

## ***LiveSmart will be even better at NYU This Fall!***

*Watch your NYU email for Important Dates for Flu Shots on campus, Cholesterol and other Health Screenings in addition to fitness programs, financial workshops, and valuable benefits information that will help you plan your benefits for 2009.*