

# Bathroom Banter!

Your private connection to wellness!



## City Employee Bike Share Program

Next time you have to run to a meeting, grab a bite to eat, or simply get some fresh air on a break, consider borrowing a bicycle and pedaling to your destination! Go to the COSAweb and reserve a bike for your next meeting or errand!



Brought to you by the Office of Environmental Policy



## Tasty Fruit Salad

### Ingredients

- 1/4 cup plain fat-free yogurt
- 2 tablespoons raspberry jam
- 2 sliced peaches
- 2 cups fresh blueberries
- 2 sliced apricots
- 1/2 cup grapes (about 14)

### Preparation

Combine yogurt and raspberry jam in a small bowl. Combine remaining ingredients in a large bowl. Add yogurt mixture to bowl, and toss gently to coat.

### Need legal or financial advice?

As a civilian City employee, you have access to:

- Free initial 30 minute consultation with an attorney or financial planner
- 25% reduction in fees & discounted mediation services
- Free simple will
- Six (6) page legal document review

Call Deer Oaks at 615-8880

### March is National Nutrition Month

Healthier eating can provide long-term benefits in helping prevent and fight disease, gaining more energy, and making you look and feel better.

Below are a few ways to help you improve your diet:

- ❖Add **these foods to your diet:** fresh fruit and vegetables, lean meat, poultry or fish that isn't fried.
- ❖Drink plenty of **water!**
- ❖Be sure to talk to your doctor about any dietary changes you're considering.

To learn more about National Nutrition Month and information on eating healthy, visit [www.eatright.org](http://www.eatright.org)

*To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.*

– William Londen

### It's in your hands!

Look out for the Census form to hit your mailbox in March and remember to fill it out and mail it back. None of your personal information will be shared with anyone other than the U.S. Census Bureau. Completing and returning the form ensures our city and county will receive its share of the \$400 billion in Federal funding.

What does that mean for you? Possibly better healthcare, schools, infrastructure and better political representation.

### The future is in your hands!

For more information, visit [www.sanantonio.gov/census](http://www.sanantonio.gov/census).



### Mark your Calendar!

#### City Employee Health Expo!

Wednesday, February 17, 2010  
1901 S. Alamo (One-Stop)  
10 a.m. – 2 p.m.

Free blood pressure, glucose, and vision screenings!

Visit with representatives from:

UnitedHealthcare

City Employee Health + Wellness Center and more!



Eligible for Wellness Rewards!

