

Bathroom Banter!

Your private connection to wellness!



ANY BABY CAN FUNDRAISING EVENTS

WALK FOR AUTISM

JON'S 5K RUN/WALK

APRIL 24 AT 9:00 A.M.

MAY 8 AT 8:00 A.M.

KOEHLER PAVILION IN BRACKENRIDGE PARK

KOEHLER PAVILION IN BRACKENRIDGE PARK

WWW.WALKFORAUTISMSA.COM

WWW.JONSRUN.COM

Potassium Lowers Blood Pressure

Sufficient potassium, about 1,600 mg per day, may be all you need to lower your blood pressure. Start the day with a glass of orange juice (490 mg), eat a banana at lunch (450 mg) and a baked potato at dinner (840 mg).



Utilize the Employee Health Stations frequently to track your blood pressure.

TEAM City of San Antonio Moisture Wicking Shirts

Is your cotton shirt ever completely soaked after your workout? In addition to being uncomfortable, it may cause chafing and irritation.

Solve that problem by purchasing a **TEAM City of San Antonio** moisture wicking shirt for only \$10! Men's and women's sizes available.

For more info call 207-WELL.

Refer a Friend and Win Cool Prizes!

If you refer fellow employees to participate in the **Wellness Rewards Program** you can receive fun prizes!



When your referral submits their Rewards Request form, simply ask them to include your name, phone and department.

"My own prescription for health is less paperwork and more running barefoot through the grass."

–Leslie Grimutter

GET REWARDED FOR A JOB WELL DONE!

Have you or a co-worker gone above and beyond your normal duties that have improved the City?

If so, submit a nomination for the Excellence in Public Service Recognition Program.

You may be awarded a signed certificate by the City Manager, incentive leave, or up to \$5,000.

Call 207-8705 for more information.

Historic Preservation Guided Runs

The Office of Historic Preservation has created monthly running guided tours. Enjoy a leisurely run and learn something interesting about our historic city!

~Saturday, May 8th – 8:00 a.m. – Downtown Tour

~Tuesday, May 11th – 6:00 p.m. – Museum Reach Tour

~Saturday, May 22nd – 8:00 a.m. – King William/Lavaca Tour

Each tour is \$18, or \$45 for all three.

Questions? Call Anna at 207-7925.

Register on www.active.com.

Runners of ALL levels are encouraged to attend.

Why should I visit www.myuhc.com today?

- Review my claims.
- Check out the new Quicken Health Expense Tracker.
- Complete the Health Assessment.
- Find my Flexible Spending Account Balance.