

Bathroom Banter!

Your private connection to wellness!



City Half Marathon Training Program

Join us for a 26-week training program for City Employees as we gear up for the San Antonio Rock 'n' Roll Half Marathon. This program is for beginners, walkers, slow joggers, and experienced runners. Visit www.rgrtraining.com to register.

May 22nd – November 14th
Saturdays 6:30 a.m. at Run Gear Run or YMCA Tri-Point
Tuesday 6:30 p.m. at Lion's Field on Broadway Street

Remember to fill out a physical activity journal as you participate to earn Wellness Rewards!



Need Mother's Day Gift Ideas?

Why not give the special woman in your life the gift of health?

- Get her a healthy cookbook, or even a few sessions with a dietitian.
- Treat her feet to a massage or relaxing pedicure.
- Get her moving with a pair of new running or walking shoes.

City Employee Health Expo

Join us at this important event for free health screenings and information!

Attending a health expo is an eligible activity for the Wellness Rewards Program.

May 13th, 10:00 a.m. to 2:00 p.m.
Northeast Service Center



Conference Room
10303 Tool Yard

Building Safety Month

Improve your financial health by choosing energy-efficient products and save up to \$400 a year!

- Replace ordinary light bulbs with CFL bulbs.
- Regularly change your AC filters.
- Install a programmable thermostat.

For more money-saving tips, visit www.buildingsafetymonth.org.

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

–World Health Organization

Dealing with Diabetes Support Group

May 18th, 5:30 to 6:30 p.m.

Employee Health + Wellness Center
May's topic: *Recipes – Tips for amending recipes to be more health conscious*

National Stroke Awareness Month

Did you know stroke is the third leading cause of death and long-term disability in America? There are many factors that you can control to reduce your risk of stroke, and many benefits the City offers to help control those risk factors.

- **High blood pressure**
(Utilize a City Health Station)
- **Smoking**
(Call the Quitline at 1-866-605-7848)
- **High cholesterol**
(Get a screening at the H + W Center)
- **Physical inactivity**
(Keep a physical activity journal)
- **Obesity and overweight**
(Join a Weight Watchers at Work Program)
- **Diabetes**
(Call the Nurseline for info on Personal Health Support at 1-866-405-7170)