

Bathroom Banter!

Your private connection to wellness!



Non-Alcoholic Bloody Mary with Shrimp

- 22 ounces reduced-sodium V8
- 1 teaspoon horseradish
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- 4 cooked shrimp

Shake ingredients and serve in two glasses with ice. Garnish each drink with 2 shrimp.



Each serving: 78 calories; 0 g fat; 0 mg cholesterol; 17 g carbs; 0 g added sugars; 2 g protein; 3 g fiber; 284 mg sodium; 681 mg potassium.

Can Working Out Trigger Weight Gain?

Quite possibly, but don't avoid exercise! You might assume you can pig out after a workout, but consider the number of calories burned and taken in.

Burning 350 calories on a 3 mile jog doesn't mean you can eat a 1,500 calorie hamburger!

Important Dates to Remember

June 23rd – Municipal Plaza Blood Drive. All regular, part-time and full-time City employees are eligible to receive four hours of Incentive Leave for donating blood during City-sponsored blood drives.

July 1st – Wellness Rewards Contributions. Contributions will be made into flexible spending accounts if wellness activities were submitted by June 15th.

July 5th – City Holiday! All City offices are closed in observance of Independence Day. Have a safe and healthy 4th of July weekend.

Healthy Pregnancy Program

UHC offers many beneficial resources before, during, & after pregnancy at no cost to you! Enroll at any time through your 33rd week of pregnancy at 800-411-7984.

- 24-hour toll-free access to experienced pregnancy and childbirth nurses .
- Access to health care professionals to identify any risks and special needs.
- Pregnancy and childbirth education materials and resources .
- One-on-one support throughout your pregnancy .
- Access to a neonatal nurse manager for babies with special health needs .



*Register your newborn on your health plan within 31 days of birth.

Are You Ready To Start Composting?

Compost is used to improve soil, provide nutrients and save water.

Use finished compost:

- As a safe and non-toxic fertilizer
- To save water by watering less
- To produce higher yields of healthier foods.

Solid Waste Mgmt. Dept. is holding free composting classes. Call 207-6461 for more info.

Beat the Heat This Summer



- We've experienced some hot and humid days lately. Follow these tips to stay cooler during the summer months.
- Wear lightweight and light-colored clothes to reflect away the sun's heat.
 - Drink plenty of water during the day and avoid caffeine, which dehydrates the body.
 - Avoid high protein meals; they can increase your body heat .

"The part can never be well unless the whole is well." -Plato