

Bathroom Banter!

Your private connection to wellness!



Register you and your family today!
Registration closes August 26.
 Find the link on the Employee Wellness webpage or the COSAWeb!
 NO event day registration.
August 28, 2010
 Mission County Park, Pavilion #1
 8:00 – 11:00 a.m.
\$3.25 per participant
 For questions or volunteer opportunities, please contact David Rangel (207-7761) or Mark Bird (207-0278).

Employee Wellness Rewards Deadline

The final deadline to submit a 2010 Rewards Request Form with completed eligible activities is **September 15, 2010.** Contributions to your Flexible Spending Account will be made on October 1, 2010. Submit your forms today! Find forms and information on the Wellness page of the HR website.

Contact us at wellness@sanantonio.gov or 207-WELL (9355)

Food for Thought

Don't make important decisions on an empty stomach. We may make poor choices when our blood sugar is low. Glucose is the brain's main energy source!

Try some of these ideas.

- Before a morning meeting – Low-fat yogurt with fresh fruit and a sprinkle of granola.*
- Upcoming deadline - Turkey sandwich on whole wheat bread with lettuce and tomato.*
- Prior to a presentation - Healthy trail mix with cereal, dry fruit and nuts.*

Health is the condition of wisdom, and the sign is cheerfulness - an open and noble temper.
-Ralph Waldo Emerson



August is Immunization Awareness Month

Immunizations aren't just for babies and kids. We all need vaccines to help protect us from diseases and illness. With school around the corner, August is a perfect time to get them. **REMEMBER: Immunizations are covered at 100% on the City's civilian health plan at in-network providers!**

Fitness Center Discount Rates for City Employees!



Remember, we have some great rates available through the month of August. Sign up for a membership today!

Visit the Employee Wellness webpage for the list of discounted rates at local fitness centers.

Let us know if you join or already belong to a gym to receive a small gift from the Wellness Program!

2010 Rock 'n' Roll Marathon & Half Marathon

Be a part of this year's race by participating in the full marathon, half marathon, or the NEW 2-person relay!

Not quite ready to go the distance?

Volunteer at the City's water station!

Watch world class athletes along with friends and family as they pass through the course! All City volunteers and runners/walkers will receive a commemorative hat! Check out the Wellness page of the HR website for online discount codes and volunteer information.

