

Bathroom Banter!

Your private connection to wellness!



Halloween Safety Tips



Have fun this Halloween with your family and be safe at the same time by following a few of these tips:

- 🦇 Wear visible costumes.
- 🦇 Carry a flashlight.
- 🦇 Drive slowly where other trick-or-treaters are present.
- 🦇 Inspect candy and avoid eating any that isn't commercially wrapped.
- 🦇 Store the candy and allow your children to eat it in moderation.
- 🦇 Mom & Dad should eat in moderation, too.

2011 Employee Wellness Rewards Program



Time to start earning Rewards!

Earn up to \$125 each by completing five (5) eligible activities between October 1, 2010 and September 15, 2011.

ALL Civilian employees are eligible. Spouses on the health plan are also eligible. Check out the Wellness page on the HR website for NEW 2011 rules, forms, and eligible activities.

2010 City Manager's 5K Run/Walk!

December 11, 2011 - 8:30 a.m.

Brackenridge Park, Koehler Pavilion



All City employees and families are invited!

- City employees – **FREE**
 - Family & invited guests - \$5.00 each (Children under 10 years of age don't need to register unless competing for awards.)
 - Register by November 29th to be guaranteed an event t-shirt and goody bag.
 - Packet pick-up: Friday, December 10th
- Link to Online Registration on the COSAweb or Employee Wellness webpage.
- Looking to volunteer? Contact Sandy Redmond at 207-6437 for opportunities. You can volunteer and still participate in the 5K Run/Walk.

A good head and a good heart are always a formidable combination.

- Nelson Mandela

New Fitness Center Rates

Check out the Wellness page on the HR website for an updated list of fitness center rates. Contact individual fitness centers for more information. Rates are subject to change at anytime, so sign up TODAY!

Holiday Wellness Series

Join us the first four (4) Tuesdays in November for a light lunch and heavy information on how to get through the holiday season with a healthy mind, body, and wallet.

- 12:15 – 1:00 p.m., Municipal Plaza Building, Mezzanine Level
- Limit of 80 attendees, RSVP required (Employee Wellness Program)
- Topics: Care for Elderly Parents, Holiday Budgeting, Personal Safety, and Holiday Stress

Awesome Health Facts You Should Know

- Losing just one pound can take four pounds of pressure off your knees.
- Tomatoes may help prevent heart disease, prostate cancer, breast cancer, and more.
- Eat healthy on a budget by buying, cooking, and storing in bulk, and by going generic.
- Deep green fruits and veggies such as avocados, artichokes, and kiwi may help improve eyesight.