

Bathroom Banter!

Your private connection to wellness!



St. PJ's Great Pumpkin Run

3rd Annual 5K Run/Walk & 1 Mile Kids Fun Walk
Saturday, October 13, 2012 at 8:00a.m.

St. PJ's Campus, 919 Mission Road

Start a Team, Become a Sponsor, or be a Participant.

Wear your favorite Halloween costume and come run for a great cause!

Early Registration (by October 5): \$15

T-shirt: \$10

Week/Day of Registration: \$25

Register: www.stpjhome.org



2013 Employee Benefits

Open Enrollment is

October 15th - November 14th !

Attend one of the Open Enrollment fairs to visit with Benefits Staff, vendors and sign up for your 2013 benefits!

Complete your Health Risk Assessment and earn \$100 in your FSA/HSA in January 2013!

2012 Rock 'n' Roll Marathon & Half Marathon

Be a part of this year's race by participating in the full marathon, half marathon, 2-person relay or Bike Tour on Sunday, November 11th!

Be sure to register with team "City of San Antonio" under the **Get Fit Challenge**.
Not quite ready to go the distance?

Volunteer at the City's water station!

Call Employee Wellness at 207-9355 to volunteer

Quitting Tobacco for the New Year?

Call the City's
FREE QUITLINE
866-784-8454

For ALL full-time City employees, spouses and domestic partners!
*You may be eligible for no-cost nicotine gum or patches.

As included in the FY 2013 Budget, non-tobacco users will avoid a **\$40 monthly fee** by remaining tobacco-free. Employees will be asked to self-report their tobacco use during 2013 Employee Benefits Open Enrollment.

Join Weight Watchers at Work

Receive up to 50% reimbursement if you attend 80% of scheduled sessions.

Locations include:

Riverview Towers: 1st Floor Conference Room
Thursdays: 12:45 - 1:30 p.m.

Municipal Court: Room 201
Wednesdays: 11:00 - 11:45 a.m.



Become Well at Work Using Your Onsite Health Coaches

Receive one-on-one coaching on numerous health topics.

Contact: Karen Ochoa and James Williamson

Cosa.healthcoaches@uhc.com



SÍCLOVÍA

This partnership between the City and the YMCA will create a safe and fun place for exciting outdoor activities for **FREE!**

10:00 a.m. - 3:00 p.m.

Sunday, October 7th

From Mahnke Park on Broadway at Parland to Alamo Plaza

The streets will belong to pedestrians, bicyclist, and recreationalist to enjoy biking, running, and playing in the car-free streets for five hours!

Deer Oaks Online Chat Sessions

Every month, you have the opportunity to chat online with a trained Deer Oaks counselor.

Live chats are 12:15 - 12:45 p.m. and 6:00 - 6:30 p.m. on the 3rd Wednesday.

Simply log onto www.deeroaks.org



Username/password: *COSA*, then go to Discussion and Chat session, Click on Deer Oaks Chat Room