



Bathroom Banter!

Your private connection
to training & wellness!

Develop Yourself in 2014

Are you interested in continuing to develop yourself and your career in 2014? Did you know that the City's Training Team offers the classes that can help you do just that?

▪ **General Education**

- Commercial Driver License (CDL)
- Conversational English and Spanish for the Workplace
- CPR/AED
- English as a Second Language (ESL)
- G.E.D. Prep

▪ **Professional Development**

- Communicating with Impact
- Communication Skills Building
- Intro to Project Management
- Owning Customer Excellence
- Project Management Certification Prep

▪ **Computer Classes**

- Excel 2003/2007
- PowerPoint 2003/2007
- Word 2003/2007

Make this the year for growth, change, and development for you! Visit the COSA Training Center link on the COSAweb to view the training schedule, course descriptions, and more!



Virgin HealthMiles is Now... Virgin Pulse
Although the name has changed the program will remain the same. Help celebrate the new name by trying out the NEW self-tracking challenges.

Now you can achieve your goals even faster!
Take a minute to check out the Employee Wellness website to view the new member rewards chart and notice the pay out differences between levels.



On-site Wellness Coaches & Telephonic Health Coaching

On-site Health Coaching services are complimentary to all full-time civilian City employees. Receive assistance on developing personal and measurable health behavior goals and motivation to adopt healthy lifestyle behaviors.

For On-site Coaching, email cosa.healthcoaches@uhc.com.

Telephonic Health Coaching is also available to full-time civilian employees / spouses / and certified domestic partners on the City's health plan.

For Telephonic Coaching, call (800) 478-1057.



City Manager's 5K Run/Walk

Title: City Manager's 5K Run / Walk

Date: March 1, 2014

Location: SeaWorld San Antonio

Race Start: 8:00 a.m.

Registration: City employees – Free
Family and Friends – \$7.00 each

***Extra: SeaWorld Admission Ticket + Picnic Voucher – \$31.92

Contact wellness@sanantonio.gov for more information.