



Bathroom Banter!

Your private connection to wellness!

Travis Park Reopening

March 31st through remaining of the year.
301 E. Travis.

Earn **100 HealthMiles** for each fitness activity you sign up for and participate in.



6:30-7:30 AM Zumba
8:00-9:00 AM Yoga in the park
9:00-10:00 AM Fitness In the Park
Other activities include:
Golds Gym boot camp
Lunch Crunch
Lunch crunch intense



For a complete schedule, visit <http://www.sanantonio.gov/ccdo>



Attend Tobacco Cessation Classes on your lunch.

5 Session Program.
Thursdays, 12pm-1pm
April 10th, 17th, & 24th
May 1st and June 5th
102 Wicks St

If you are interested in having a class at your worksite, contact Employee Wellness for more info.
210-207-WELL (9355)
wellness@sanantonio.gov

JUST ANNOUNCED:

Deadline to apply for **The Healthier Me Challenge** has been extended to Friday April 11, 2014 at 4:30 p.m.

All eligible civilian and uniform employees are encouraged to apply for this 12-week health competition. You do not want to miss out on this opportunity to win up to a **\$10,000** cash prize while learning how to become a healthier version of you!

Important Things to Remember:

All application materials and information, plus the competition's official rules can be found on the COSAweb under the Human Resources section and obtained through each department's Employee Relations Business Partner or Specialist.

Completed application packets are due to the Employee Wellness Program, located at 111 Soledad, Suite 100, by **4:30 p.m. on Friday, April 11**. The application packet must include the: Challenge questionnaire, physician authorization form, photo, and a three-minute video (on a disk or jump drive).

QUESTIONS?
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Are you interested in continuing to develop yourself and your career?

Did you know we offer courses from Microsoft Excel 2007 to Communication Skills Building in the months of April and May? Here's a sample of some of the courses we offer:

- 04/01/14 PMP Certification Boot Camp
- 04/04/14 CPR/AED
- 04/14/14 Owning Excellence: Owning the Customer Experience
- 04/15/14 Embracing Change
- 04/17/14 Innovation / Process Improvement
- 04/23/14 Negotiating Your Way from Confrontation to Cooperation
- 04/28/14 Conversational Workplace English
- 04/28/14 FMLA/Privacy/Wage & Hour
- 04/30/14 Intergenerational Differences
- 04/30/14 Intermediate Business Writing



For more info visit the cosa training website : <http://sharepoint/sites/HR/CoSALearningCenter/default.aspx>

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