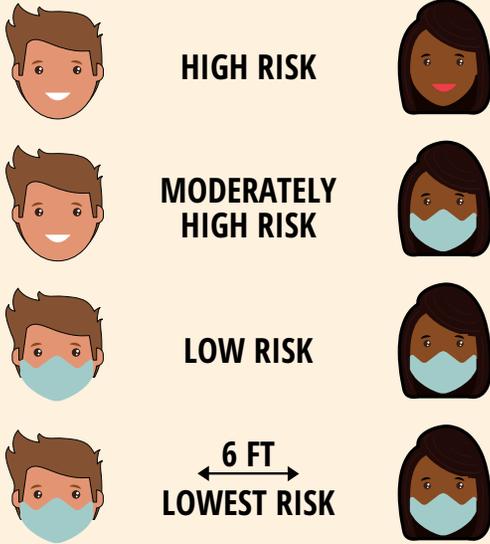


WEARING MASKS PROTECTS YOU & ME



WHEN INDOORS, ALL EMPLOYEES ARE REQUIRED TO WEAR A FACE MASK ANYTIME THEY ARE AWAY FROM THEIR INDIVIDUAL WORKSPACE.

SAVORY PEACH AND CUCUMBER SALAD

- 4 medium yellow peaches
- 2 medium cucumbers
- 1 avocado
- ½ cup raw pumpkin seeds
- 1 tablespoon+¼ cup olive oil
- 1 cardamom pod
- Kosher salt
- 1 whole clove
- ½ tsp coriander seeds
- ½ tsp cumin seeds
- 1 serrano chile
- 1 garlic clove
- 3 tbsp chopped parsley
- 3 tbsp chopped cilantro
- 3 tbsp lemon juice
- 1 tsp toasted sesame seeds



Check out full recipe here!

WELLNESS WORKSHOP

EATING YOUR WAY TO WELLNESS



PRESENTED BY DEER OAKS EAP

Having healthy food habits is critical; however, so many diet plans give warnings to stay away from particular food groups or eliminate certain things from one's meals. This session focuses on the tips and resources on how to eat your way to better and long-lasting health. Participants will discuss methods for choosing and preparing healthy food, consider tips for eating healthy on a budget, and access additional resources to assist them in developing a healthy eating plan.

LIVE WEBINAR
AUGUST 19TH
2-3PM



SCAN QR CODE WITH YOUR SMARTPHONE TO REGISTER

Have questions or need to register offline?
Contact the Wellness Division
at (210) 207-WELL or
wellness@sanantonio.gov

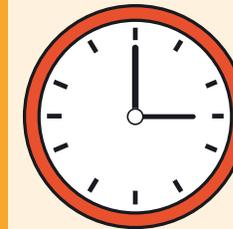
STAY SAFE AND BEAT THE HEAT

With summer temperatures rising into the triple-digits, heat related illnesses become a serious threat to individuals working in exposed climates.

HEAT RELATED ILLNESS: A DANGEROUSLY OVERHEATED BODY THAT COULD RESULT IN RASHES, CRAMPS, DISORIENTATION, HYPERVENTILATION AND, IN THE MOST SEVERE CIRCUMSTANCES, CAN EVEN BE FATAL.

KEEP THINGS LIGHT

Wear lightweight, loose fitting clothes in outdoor and hot environments

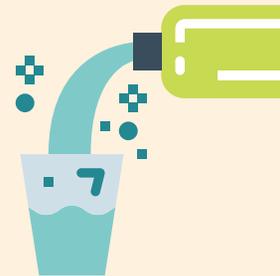


AVOID PEAK HOURS

Stay out of the sun during the peak heat hours of the day; typically noon-3:00pm

STAY HYDRATED

Stay hydrated by regularly drinking water and electrolyte replacement drinks. DO NOT wait until you are thirsty!



KEEP YOURSELF INFORMED

Stay informed by checking local weather for heat advisories and by knowing the signs for heat related illnesses..