

Bathroom Banter!

Your private connection to wellness!



“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”
-- Edward Stanley

Chocolate Mousse Pie



- One 9-inch graham cracker crust
- One 1.4 oz. box of sugar-free/fat-free chocolate pudding
- 2/3 cup fat-free milk
- One 8 oz. container fat-free whipped topping

Stir pudding mix and milk until smooth; fold in half of the whipped topping. Pour mixture into pie crust. Top with the other half of the whipped topping. Refrigerate for 3 hours.

Makes 10 slices that are only 150 calories each!

Facts About Flexible Spending Accounts (FSA)

IRS rule: FSA funds are “use it or lose it”. Be sure to spend it by December 31st!

New IRS rule: Starting January 1st, over-the-counter medication will not be an eligible expense unless it is prescribed by a doctor.

Wellness Rewards Program: First quarter FSA Contributions will be made on January 3rd.

Dealing with Diabetes Support Group

Next group session:
Tuesday, January 18th
5:30 - 6:30 p.m.

115 Plaza de Armas
DCI Conference Room 150
Topic: New Year’s Resolution: Taking Care of Your Diabetes

Can’t make all the meetings?
Contact us to join the e-mail list and receive the NEW bi-monthly newsletter that is filled with helpful diabetes-related information.

Take the High Road this Holiday Season

Be safe this holiday season.
Call a cab!

Deer Oaks, the City’s Employee Assistance Program provider, will reimburse you for cab fare in the event that you or your family members need a ride home if:

- You have had too much alcohol
- You have medication drowsiness
- You are extremely upset/troubled over a situation



This service is available once per year per participant. It is simple and confidential!
For more info, call (210) 615-8880.

New Year, New You!

Looking for a fresh start for your health in 2011? Statistics show that only about 20% of people maintain their New Year’s resolutions after Valentine’s Day. Don’t be part of that statistic. Call the Employee Wellness Program at 207-WELL for information on our programs and resources to get you started.

- Join a gym at a discounted rate.
- Join a Weight Watchers at Work Program.
- Quit using tobacco.



Visit our website at www.sanantonio.gov/hr for complete details on what we have to offer!