



Your private connection to wellness!

Bathroom Banter!

2011 SAWS 5K

REGISTRATION IS NOW OPEN!
 Saturday, April 2, 2011 - 8:00 a.m.
 SAWS Customer Service Building

San Antonio Water System is hosting its inaugural SAWS 5K Run/Walk to benefit *Project Agua!*

The fee for City Employees is \$15, which includes an event shirt if registered by March 21st.

To register and for more details, visit www.register.iaapweb.com.



A desire to be in charge of our own lives, a need for control, is born in each of us. It is essential to our mental health, and our success, that we take control.
 – Robert F. Bennett

Cervical Health Awareness Month

Cervical cancer is currently the second-leading cause of cancer death among women. Most cases of cervical cancer can be prevented!

Get a regular pap smear - it can be the greatest defense against cervical cancer. This annual health screening is covered at 100% on the City's health plan.

Getting a preventive screening is an eligible activity for the Wellness Rewards Program.



MDA Muscle Walk

The Muscular Dystrophy Association (MDA) is in search of walkers and team captains for **Muscle Walk-San Antonio**, a fun and healthy fundraiser for the MDA!



- One-mile walk
- Saturday, March 5th at 8:00 a.m.
- Morgan's Wonderland

Each member's goal is to raise at least \$85. For more info on joining or creating a team, contact the MDA at 650-3181.

February Wellness Series



February is American Heart Month! Grab a co-worker and join us for important information on heart health.

Presentations are the first four (4) Tuesdays in February from 12:15 – 1:00 p.m. at the Municipal Plaza Mezzanine Level.

Limit of 60 attendees, RSVP required (Employee Wellness Program). Please bring a healthy lunch. A healthy dessert will be provided. Remember, attending four (4) wellness events/presentations is a Wellness Rewards Program eligible activity.



Portions and Servings: What's the Difference?

Portions = the amount you choose to eat
Servings = measured amount of food

Many foods that come as a single portion actually contain multiple servings.

Read nutrition labels and watch your portions.

Example: 20 oz. Coca-Cola bottle



Serving size = 8 fl oz

Servings per container = 2.5

Calories per serving = 100

There are 250 calories in one bottle!