

# Bathroom Banter!

## RUN 4 HOPE 5K Run/Walk

Gather your friends and family to build a bridge to hope, help and healing! Proceeds from the event will benefit the Rape Crisis Center.

Saturday, February 26, 2011

Brackenridge Park, Koehler Pavilion

5K run/walk - 8:00 a.m.

Registration fee is \$20

To register and for more info visit:  
[www.rapecrisis.com](http://www.rapecrisis.com) or  
 call (210) 208-5750.



## Street2Feet 5K

SAMMinistries invites you to run or walk in their 2<sup>nd</sup> annual family friendly 5K and Kids 1K. The 5K is one of only a few to be run in San Antonio's scenic downtown!

- Saturday, February 19, 2011
- 1 Haven For Hope Way
- 5K Run/Walk - 8:00 a.m.
- Kidz K Fun Run - 9:15 a.m.
- Event fees vary



To register and for more info visit:  
[www.register.iaapweb.com](http://www.register.iaapweb.com).

Your private  
 connection to  
 wellness!



*The highest ideal of cure is the speedy, gentle, and enduring restoration of health by the most trustworthy and least harmful way.*  
 – Samuel Hahnemann

## *Eating for a Healthy Heart*

Try these three (3) delicious foods to maintain a healthy heart:

Salmon - rich in protein and omega-3 fatty acids

Oatmeal - great source of fiber, minerals, & vitamins

Blueberries - packed with antioxidants, fiber, & vitamin C

## "A Community with More Birthdays"

Learn about volunteer opportunities and free services for cancer patients at an open house event sponsored by the American Cancer Society.

Thursday, February 10th

5:00 - 8:00 p.m.

8115 Datapoint Dr.



Door Prizes and giveaways from Spurs & Rampage tickets, cooking demos and more! Call the American Cancer Society at (210) 614-4212 for more info.

## Health Info When You Need It Most

Have a health concern and need helpful information?  
 UnitedHealthcare members can call the NurseLine to help make smart health care decisions.

- ✓ Find a doctor or hospital.
- ✓ Understand treatment options.
- ✓ Ask medication questions.
- ✓ Learn about current health info.

(866) 405-7170

NurseLine is available  
 24 hours a day, 7 days a week.

## American Heart Month

Did you know that heart disease is the leading cause of death in America? Heart disease can be prevented! Keep your heart healthy by:

- Watching your weight
- Quitting smoking
- Controlling cholesterol & blood pressure
- Becoming active and eating healthy
- Managing your stress
- Limiting alcohol consumption

Educate yourself on the dangers of heart disease with help from the Employee Wellness Program!

Contact us at [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov) or 207-WELL (9355)