

# Bathroom Banter!

Your private connection to wellness!



## Local Opportunities to Get Moving

Event: Street2Feet 5K & Kidz K Fun Run  
When: Saturday, February 18, 8 a.m.  
Where: Haven for Hope  
Register: [www.iaapweb.com](http://www.iaapweb.com)

Event: Engineer's Week Nerds 5K  
When: February 25, 8 a.m.  
Where: O.P. Schnabel Park, Graff Pavilion  
Register: [www.bexartspe.org](http://www.bexartspe.org)

Being inactive or overweight could increase your chance of developing a chronic disease!



## February Wellness Series

Join us on the first three (3) Tuesdays in February and learn how to get through the winter season with a healthy mind, body, and heart.

12:15 – 1:00 p.m., Municipal Plaza Building, Mezzanine Level  
Limit of 60 attendees. RSVP required (Employee Wellness Program)

**Topics:** Matters of the Heart, Tobacco Cessation, Addictive Behaviors

*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, and vitamins
- Blueberries - packed with antioxidants, fiber, and vitamin C

## New Year, New You!

Quit For Life, the City's tobacco cessation program is available to all full-time City employees and their spouses/domestic partners. This program is FREE, confidential, and proven to work!

You can receive FREE quitting aids such as gum or patches!

Visit [www.quitnow.net](http://www.quitnow.net) or call **866-605-7848** to enroll.



**Eligible for Wellness Rewards!**



## Healthy Pregnancy Program

UHC offers many beneficial resources before, during, & after pregnancy at no cost to you!

Enroll at any time through your 33<sup>rd</sup> week of pregnancy at 800-411-7984.

- 24-hour toll-free access to experienced pregnancy and childbirth nurses.
- Access to health care professionals to identify any risks and special needs.
- Pregnancy and childbirth education materials and resources.
- One-on-one support throughout your pregnancy.

\*Register your newborn on your health plan within 31 days of birth.

## 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 and 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!