



# BATHROOM BANTER

FEBRUARY 2015 | (210) 207-WELL

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STEP UP TO WELLNESS  
—5K WALK & RUN—



EIGHTH ANNUAL  
CITY MANAGER'S

# STEP UP TO WELLNESS

5K WALK & RUN

Did you miss out on the fun of last year's City Manager's Step Up to Wellness 5K Walk & Run? No worries! Registration is now open for this year's event, taking place on February 28th at SeaWorld. City employees can visit the COSA web and click on the CM5k banner to register.

## REMEMBER:

- Register by **Feb. 16** to be guaranteed an event t-shirt.
- This event is **FREE** to City employees. Guests of a City employee only pay a **\$7** registration fee.
- Earn **1,000 HealthMiles** by completing the event.
- Strollers welcome, No pets
- This event is open to the public.

## COOL EXTRAS:

- Race packet including 2015 City Manager's 5K t-shirt (must register by 2/16 to be guaranteed a t-shirt)
- Received a SeaWorld San Antonio admission ticket + picnic voucher for additional \$31.93 (valid on race day only)
- Did we mention that there will be music, City mascots, and snacks at this event?



## FEED YOUR BRAIN • FUEL YOUR HEALTH

### Onsite Educational Sessions

Wellness is bringing educational sessions for employees to locations across the City! Check out these upcoming sessions for American Heart Month. A calendar with details will be available soon on the COSAweb.



- ✓ "Juicing 101" with Juice Central (free samples!)
- ✓ "Healthy Heart" with UHC Health Coaches
- ✓ "Heart Health" Learn from a Cardiologist



## February is American Heart Month, a time to show yourself the love.

Learn about your risk for heart disease and stroke. It is important to recognize the signs of a heart attack and to act immediately by calling 9-1-1.

### The five major symptoms of a heart attack are:

- ✓ Pain or discomfort in the jaw, neck, or back.
- ✓ Feeling weak, light-headed, or faint.
- ✓ Chest pain or discomfort.
- ✓ Pain or discomfort in arms or shoulder.
- ✓ Shortness of breath.



**What is RoTenGo??** A hybrid of tennis & ping pong with nonstop action that can be played by people of all ages.

### When & Where?

February 5th-26th at San Fernando Gym, 319 W. Travis St

- Tuesdays (11:15am-12:00pm, 12:15pm-1:00pm)
- Thursdays (5:30am - 6:15am, 6:30am - 7:15am)

## Come Play & Earn HEALTHMILES!

Join us for a fun game of RoTenGo at the **San Fernando Gym (Downtown, 319 W. Travis St.)** for the "Sets in the City" event series. Bring coworkers, friends & family for events before & after work & during the lunch hour. You can earn **250 HealthMiles** by participating in any event (limit one) in the series between **February 5th-26th**.



## Are you or a loved one suffering from Depression?

Help is just a phone call or click away. Access your EAP 24 hours per day, 7 days per week, 365 days per year. The EAP is available to all full-time civilian employees, uniform Fire Department employees, & their household members at no cost. All services are confidential. The EAP can provide up to **six (6)** personal sessions per issue, with unlimited issues for each household.

Call the EAP when life knocks you down. They can help lift you back up.  
(866) 327-2400 [www.deeroaks.com](http://www.deeroaks.com) [eap@deeroaks.com](mailto:eap@deeroaks.com)