



★ FEBRUARY 27 ★

SEAWORLD SAN ANTONIO

2 | 27 | 2016 · 8 AM

THINGS TO EXPECT:

- fun, friendly atmosphere •
- great new course in and around Seaworld •
- live results •
- discounted admission tickets to Seaworld •
- much much more, don't miss it •

REGISTER AT: CM5K.RACESONLINE.COM



COST:

- Employees: **FREE**
- Family/Friends/
Community Partners: **\$7**
- Public:
 - **\$15** (through 2/15)
 - **\$25** (2/16-2/26)
 - **\$35** (day of event)

COOL EXTRAS:

- Race packet including 2016 City Manager's 5K t-shirt (must register by 2/16 to be guaranteed a t-shirt)
- Receive a SeaWorld San Antonio admission ticket + picnic voucher for additional \$31.49+tax (valid on race day only)



BATHROOM BANTER



January 2016

(210) 207-WELL wellness@sanantonio.gov



Lose and Win

weight management team challenge

Get a jump start on the New Year with a United Healthcare onsite health coach-facilitated 8-week group support program. The Lose & Win program is designed to help promote team spirit & motivate employees to improve their health by maintaining a healthy weight or losing unwanted pounds. If you have at least 10 employees interested in starting a group at your location, contact wellness@sanantonio.gov to request a series.



What Will You Learn?

- Session 1:** On your way to a healthy weight
- Session 2:** Move to lose
- Session 3:** Planning ahead for healthy eating
- Session 4:** Healthy habits
- Session 5:** Overcoming exercise barriers
- Session 6:** Healthy eating - in and out
- Session 7:** Managing stress
- Session 8:** Staying positive

The Lose & Win session was a great experience. I have been part of other "group type" weight loss programs & normally find myself disappointed at the end of the program. There was actual encouragement & support from my peers. For the first time I heard coaches give realistic goals & ideas...The sessions gave me real life options on how to maintain a healthy lifestyle. —Maricela Kropp, Finance Lose & Win

Finance's Lose & Win program was extremely helpful...I now have tools that I am currently using that are successfully helping me lose weight. This program also helped bring our department so much closer. —Latifah Jackson, Finance Lose & Win

January Education Sessions for Financial Wellness



"Financial Wellness" Presented by James Williamson, UHC Health Coach

1/20, 7:15am-8:00am

Northwest Service Center, Bldg 1

"Your Routine Financial Checkup" Presented by Deer Oaks EAP

1/21, 11:30am-12:30pm

International Building, Rio Ballroom

Learn tips to decrease debt, improve credit scores, establish/reestablish credit, & better manage your money.

"Make Your Money Work for You: A Debt Management Plan" Presented by Dear Oaks EAP

1/29, 11:30am-12:30pm

One Stop, Training Rm A&B

Learn to manage your finances more effectively by reviewing current debts, financial resources & assets, setting short-term, intermediate, & long-term financial goals, investment planning, & retirement goals.