



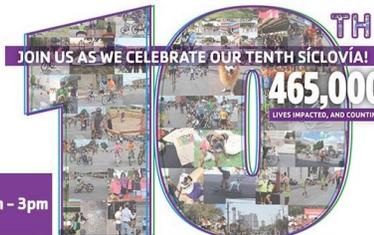
BATHROOM BANTER

April 2016 (210) 207-WELL wellness@sanantonio.gov



YMCA OF GREATER SAN ANTONIO COMMUNITY EVENT

Downtown SA | April 3, 2016 | 11am - 3pm



April is Stress Awareness Month

Did you know you have stress management tools and resources available to you for free through Deer Oaks Employee Assistance Program? Simply log in to the EAP at deeroakseap.com, enter “COSA” as the username and password, click on “Mental Health” under the balancing tab, and find “Stress” in the categories on the right hand side of the page. You have access to **articles, audio recordings, skill builders, FAQs, online seminars/webinars, videos, and resources on stress management and many other topics.**

Visit deeroakseap.com and enter username and password “COSA” today!

WEBINAR



Life Can Be Hectic. The EAP Can Help You Find Your Balance.

Deer Oaks, your EAP, is always available to you and your household members. If you are struggling with stress, contact Deer Oaks by calling **1-866-327-2400**



April Education Sessions

“Soothing Stress”

- How stress affects physical & emotional well-being
- To identify personal sources of stress at work & home
- Healthy coping strategies to help manage everyday stress

4/14, 3:15pm-4:00pm

Pre-K 4 SA West Education Center, Training Room # 1
Presented by UHC Health Coach, Jenny Cavazos

4/20, 7:15am-8:00am

Northwest Service Center, Building 1 Main Area
Presented by UHC Health Coach, Rene Urteaga

“Stress Management”

4/27, 11:30am-12:30pm

Municipal Plaza, Council Chambers
Presented by Kristina Dupre, LPC and David Risner, LPC, NCC, RPT, Dir. Behavioral Health Outreach Methodist Psychiatry Department



Siclovía is a free event that turns major city streets into a safe place for people to exercise and play. The streets become temporarily car-free for about 5 hours for families to run, ride bikes, take exercise classes and enjoy their city streets.

For more information about Siclovía visit their home page at: ymcasatx.org/siclovía



Fiesta Safe (EAP) – The City’s Employee Assistance Program provider, Deer Oaks, offers City employees and anyone living in their household with a number of FREE resources including legal, financial, mental and physical health, and organizational training services, plus much more. And now that Fiesta season is upon us here in San Antonio, your Employee Wellness Program wants you to Fiesta Safe this year by taking advantage of Deer Oaks’ “Take the High Road” program.

Deer Oaks remains concerned about the safety of its EAP participants and others. Therefore, Deer Oaks reimburses EAP participants for their cab fares in the event that they are incapacitated due to impairment by a substance or extreme emotional condition. This service is available once per year per participant with a maximum reimbursement of \$45.00 (excludes tip). The process is simple, and like all other EAP services, confidential. Just take a cab, Uber, or Lyft, then simply call the EAP Helpline at 1-866-327-2400 for instructions on how to submit your receipt for reimbursement. It may take up to 45 days for reimbursement.