



BATHROOM BANTER

July (210) 207-WELL wellness@sanantonio.gov
Education Sessions on Cholesterol & Heart Health

“Hands-Only CPR Training” Presented by American Heart Association
7/12, 11:30am-12:30pm, Municipal Plaza, B-Room

“Cholesterol” Presented by UHC Health Coach, Jenny Cavazos
7/21, 6:30am-7:00am, Northeast Service Center, Main Assembly

“Healthy Heart” Presented by UHC Health Coach, James Williamson
7/21, 4:00pm-5:00pm, Northwest Service Center, Building 3

“Cholesterol” Presented by Dr. Jamil Malik, Methodist Health Systems
7/27, 11:30am-12:30pm, International Building, La Orilla Del Rio Ballroom

Cook outside,
feel great inside

weightwatchers

Get the Weight Watchers® experience at our Open House.*

Join us at our upcoming **Weight Watchers® Open House!** Learn about our **SmartPoints®** system, which guides you toward healthier choices while still providing flexibility to eat your favorite foods. Enjoy the summer and some surprising weight loss as well.

Beyond the Scale

Interested in joining the City’s next Weight Watchers at Work session? Through the [Weight Watchers at Work Program](#), you get the power of the Weight Watchers’ group classes and support from your co-workers at a City worksite.

- Open Houses July 21st & July 28th
- New session begins Thursday, August 4th
- 111 Soledad, Ste. 100, Habanero Rm
- Thursdays, 12:45 – 1:30 p.m.
- Contact: Bridget Lewis McKinney at bridget.mckinney@sanantonio.gov

To start your own group, contact wellness@sanantonio.gov or 207-WELL.

Train for the 2016 Rock ‘n’ Roll Marathon & ½ Marathon!

The 2016 Rock ‘n’ Roll Marathon & ½ Marathon is on December 4, so it’s time to start training. Even though the 24-week training program through Soler’s Fit started on June 18, you can still sign up. Runners & walkers of all levels are welcome. Discounted rates will be offered to full-time City employees & up to one family member.*

Register: <http://solerssports.com/solers-fit-marathon-training/>

June 18 – end of registration:
returning participants - \$75
new participants - \$95

Have questions? Contact the Employee Wellness Program at 207-WELL (9355) or wellness@sanantonio.gov.

*To receive the discounted registration rate, City employees and family members must select “yes” when asked if you work for the City of San Antonio and provide the City employee’s employee ID (SAP) number.



Stay Hydrated. Stay Healthy.

When the temperatures rise, getting enough to drink is important whether you’re playing sports, traveling or just sitting in the sun. It’s also critical for your heart health. Keeping the body hydrated helps the heart more easily pump blood through blood vessels to the muscles and helps the muscles work efficiently. Dehydration can be a serious condition that can lead to problems ranging from swollen feet or headaches to life-threatening illnesses such as heat stroke.



Remember, if you get thirsty you’re already dehydrated. Try fruit-infused water as a fun way to stay hydrated this 4th of July and through the summer heat!

Ingredients:

- 1 cup each red or blue fruits of choice (strawberries, blueberries, raspberries, etc.)
- 1 pitcher of water or sparkling water

Instructions:

Add fruit to the bottom of the pitcher and mash them a bit using a spoon. Fill the pitcher with water and refrigerate overnight for maximum flavor or for 3 hours minimum.

