



SAVE THE DATE! It's time to mark your calendars and dust off those old tennis shoes. The Wellness Division is excited to announce that this year's **10th Annual City Manager's 5k Walk & Run** will take place on the morning of **Sunday, October 22, 2017** in conjunction with the YMCA of Greater San Antonio and Síclovía. We're going all out this year, and hope that you will too!



More details will be distributed soon including an official route announcement, start time and more. For now, get ready to engage your co-workers, family, friends and community in what will be our biggest CM5k to date!



BATHROOM BANTER



(210) 207-WELL
wellness@sanantonio.gov

February is American Heart Month, and according to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the U.S. Don't let yourself or a loved one become a statistic; learn what you can about heart disease prevention and management.

Attend an Education Session to learn more:

The Heart Truth: Tips for lowering your risk for heart disease

Presented by BCBS Coach, Marissa Ryals
February 15th, 11:30am-12:30pm
Municipal Building, B-Room

Heart Health

Presented by the American Heart Association
February 23rd, 11:30am-12:30pm
International Building, Rio Ballroom



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WALK THIS WAY



POWERED BY
Humana

JANUARY 21 - APRIL 21

REGISTER TODAY!

FREE 12 WEEK WALKING PROGRAM FOCUSED ON FITNESS, NUTRITION, SAFETY & EDUCATION!
(LEADING UP TO A FREE 5K WALK/RUN CELEBRATION APRIL 22 AT SOUTH SIDE LIONS PARK)

10 PARTICIPATING LOCATIONS

CALL LOCATION NEAREST YOU TO REGISTER

COMMANDER'S HOUSE ADULT AND SENIOR CENTER	622 S. FLORES	207-3010
COPERNICUS PARK	5003 LORD	648-1072
SOUTH SIDE LIONS PARK	3100 HIAWATHA	207-3155
MILLER'S POND PARK	6175 OLD PEARSALL	623-2900
NORMOYLE PARK	700 CULBERSON	207-5652
CUELLAR PARK	5626 SAN FERNANDO	436-0908
WOODLAWN LAKE PARK	1103 CINCINNATI	207-3221
BONNIE CONNER PARK	13300 WOLLER	207-3221
WALKER RANCH PARK	12603 WEST AVE.	207-3221
LBJ PARK	10700 NACOGDOCHES	654-7749

WWW.SAPARKSANDREC.COM

YOU'RE THINKING ABOUT QUITTING TOBACCO WE RESOLVE TO HELP



When you join the Quit For Life® Program, your New Year's resolution to quit tobacco will be on the right track. You may have tried before, but this time make it stick. A Quit Coach® will help design a quitting plan, which may include free nicotine replacements, specially for you. Enroll today.

1.866.QUIT.4.LIFE (1.866.784.8454) | www.quitnow.net



Quit For Life® Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.