

# BATHROOM BANTER

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



## Education Sessions:

### Colorectal Cancer: Don't Be Gutless...Get Screened

Dr. W. Cannon Lewis, General & Colorectal Surgeon,  
Chief of Surgery, Methodist Stone Oak Hospital; Medical Director, Robotic Surgery  
Coordinated through Methodist Healthcare

- ◆ **April 13th**, 11:30am-12:30pm  
International Building, Rio Ballroom

Learn about Colorectal Cancer prevention and prevention strategies for other types of cancer.

## METHODIST HEALTHCARE

"Serving Humanity to Honor God"

www.SAHealth.com

### Suddenly, You're A Caregiver

Deer Oaks EAP, Melanie Hennis

- ◆ **April 27th**, 11:30am-12:30pm  
Municipal Building, B Room

Receive information and support if an unexpected illness in a loved one has made you a caregiver. Often a child or younger relative is surprised to become a caregiver if one parent has died and the other can no longer safely live at home, or the suddenly deteriorating condition of an ailing relative makes independent living impossible. This seminar will guide you through the decision process you face. You will learn about all the care options—and associated costs—available to an ailing adult, from in-home care services to assisted living. The seminar also helps you to consider all aspects of taking a loved one into your home, from family dynamics to safety and modifications.



Remember that Deer Oaks has many Cancer resources available to you, including articles, webinars, videos, and links to reliable information. Visit [www.dearokseap.com](http://www.dearokseap.com), and log in with username: cosa, password: cosa.

WATCH YOUR MOUTH!  
FOR ORAL CANCER

### 3 Reasons to get an Oral Cancer Screening

With a five-year survival rate as low as 60%, oral cancer is scary. Protect yourself by getting checked for the disease today. Here are the top four reasons you should add "oral cancer screening" to your wellness to-do list.

1. It's easy. Just ask your dentist to check for signs of oral cancer during your regular dental exam.
2. It can save your life. Oral cancer is a devastating disease, but you can boost your chances of survival by at least 20 % when the disease is caught early.
3. It's inexpensive. When an oral cancer exam is incorporated into your regular exam, there's no extra expense unless follow-up procedures are needed.

<https://www.deltadentalins.com/>



## Upcoming Opportunities to Earn Virgin Pulse Points:

### Walk this Way 5K Walk & Run

April 22, 2017, South Side Lions Park  
Check-in starts at 7am, Race at 8am

Limited chip-timed slots available, register for free at [www.iaapweb.com](http://www.iaapweb.com).

COSA employees must be time-chipped to receive Pulse Points

250 Virgin Pulse Points



### The 14th Annual Graffiti Wipeout Volunteer CoSA Day

May 6, 2017, 4 locations to choose from  
Registration: 8:30-9 a.m. Event: 9-11:30 a.m.

To sign up & for details, visit <https://goo.gl/forms/ynQkoce5IMBPMbHH3>

300 Virgin Pulse Points



### The Amazing Preservation Race

May 6, 2017, Maverick Plaza in La Villita  
Check-in 8:30am, Gun time 9am

Register at [www.iaapweb.com](http://www.iaapweb.com)

Questions? Contact 207-0035

750 Virgin Pulse Points



### District 4 Heroes 5K

May 13, 2017, Port San Antonio  
7:30am Opening Ceremony,

8am Run/Walk begins

Register at [www.fitfamilychallenge.com](http://www.fitfamilychallenge.com).

250 Virgin Pulse Points

