



BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov

MAY

Education Sessions:

How to use Bikeshare: Learn more about Bicycle

Angel Whitley, San Antonio Bicycle

- ◆ **May 9th**, 11:30am-12:30pm
Municipal Building, Council Chambers

All attendees will receive a free day pass for Bicycle!



Get Ready to Roll Safely: Bike Street Skills Class

Timothy Mulry, Office of Sustainability

- ◆ **May 16th**, 11:30am-12:30pm
Municipal Building, B-Room

May 15th-19th is Bike to Work Week. Equip yourself with the knowledge and skills to cycle safely. Attend this street skills class and learn:

- What you need to know before cycling
 - Cycling courtesy
 - How to start cycling
- What bike is better for you tips
 - Health benefits
- Where can I ride my bike? Showcasing all city trails
 - Bike laws and ordinances
 - Bike sharing

The first 35 employees to RSVP and attend the full session will be eligible to win a FREE Helmet! RSVP to HR Customer Service at 207-8705.

The Importance of being Physically Active

Blue Cross Blue Shield Health Coach, Keith Thibodeaux

- ◆ **May 17th**, 6:45am-7:30m
Southwest Service Center, Main Assembly
- ◆ **May 24th**, 7:15am-8:00am
Northwest Service Center, Crew Quarters



BlueCross BlueShield

NATIONAL
GET FIT
DON'T SIT DAY™

American Diabetes Association.

**GET UP
& MOVE!**

MAY 3, 2017



iConnectYou is an app that instantly connects you with professionals for instant support and help finding resources for you and your family.

To access iConnectYou, download the app from the App Store (iPhone) or Google Play (Android) and register using the iCY passcode below. For additional info, you can access your EAP's website using the details below.

ICONNECTYOU PASSCODE: 33789

TOLL FREE: 1-866-327-2400

WEBSITE: www.deeroakseap.com

WEBSITE USERNAME/PASSWORD: COSA

QUIT NOW
WORLD NO TOBACCO 3 DAY 31 MAY

When you are ready to quit, call the FREE and confidential Quitline at 866.784.8454. Quitline is available to ALL full-time, active City of San Antonio employees and their spouses/domestic partners at no cost.

Ready...set...get fit!

Fitness in the Park is a city-wide program that offers a variety of FREE fitness classes all over San Antonio! Join in the fun at your local park, community center, or library and achieve your fitness goals.

Just take a look at the current schedule at sanantonio.gov/parksandrec to find a full class listing. There is no registration required and classes are open to all fitness levels.



BE PREDICTABLE - signal when turning and follow all traffic laws.

GO WITH THE FLOW - bike in the same direction of traffic.

BE VISIBLE - use lights at all times of day and wear reflective or bright clothing.

Did you know the City has a fun, free and easy to use employee bike share program? Check out the online bike reservation resource on the COSAweb to get started. Don't see your office location on the bike reservation page? Email Timothy Mulry at timothy.mulry@sanantonio.gov or call 210-207-6372 to request a bike for your worksite!

Remember, bicycling is a great way to get a little exercise in when you're on a time schedule! Check out an employee bike share bicycle to ride to your next meeting or appointment!

