

# BATHROOM BANTER August

(210) 207-WELL wellness@sanantonio.gov



Quit For Life® Program

## GUM, PATCHES, OR BOTH.

Get the tools you need to help you quit.

When you enroll and talk to a specialist in August:

- You'll be eligible to receive the standard 8 weeks of nicotine patches or nicotine gum\*
- You may even qualify to receive 2 additional boxes of nicotine gum at no cost\*\*
- You'll learn how to use the nicotine patch with the additional 2 weeks of gum for added support.

**LIMITED TIME ONLY.**

August 1st – August 31st

# 1-866-QUIT-4-LIFE

quitnow.net

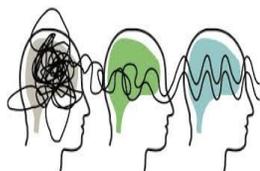


Earn 250 Virgin Pulse Points!

# FitPASS FINALE 5K

2017  
RACE STARTS  
**08.19.17 8AM**  
LADY BIRD JOHNSON PARK, 10700 NACOGDOCHES  
**ALL AGES WELCOME**  
**FREE** REGISTER FOR THE RACE AT  
[WWW.IAAPWEB.COM](http://WWW.IAAPWEB.COM)

[WWW.SAPARKSANDREC.COM](http://WWW.SAPARKSANDREC.COM)



Feeling stressed and need a little Zen time? The City's Employee Wellness program has the solution for you – Mindfulness! The City's wellness program is partnering with the Southwest Counseling and Mindfulness Center to offer employees a FREE 8-week Mindfulness Based Stress Reduction (MBSR) program.

The FREE eight-week MBSR program developed at the UMASS Medical School will be held at Phil Hardberger Park starting August 31<sup>st</sup>. Classes meet weekly from 5:30pm-7:30pm and includes an all-day silent retreat on Sunday October 29<sup>th</sup>. **Act now as seating is limited to 25 participants!**

For more information on the program and how to register go to the Southwest Counseling and Mindfulness Center website at [swmcenter.com](http://swmcenter.com) or by calling Lucy Zeigler, LPC, MBSR-QT, LLC at 210.289.6066.

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## Education Session: Dissecting Food Labels

Presented by BCBSTX Onsite Health Coach Keith Thibodeaux



Attend this presentation and learn nutrition basics while analyzing food labels to help you make informed food choices.

August 9th, 7:15—8am, Northwest Service Center, 6798 Culebra Rd, Building 1

August 16th, 6:30-7:30am, Southwest Service Center, 6927 W. Commerce, Main Assembly Room

August 24th, 1-2pm, Municipal Plaza, B-room

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat 10g</b>	15%
<b>Saturated Fat 2.5g</b>	11%
<b>Trans Fat 2g</b>	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 300mg</b>	12%
<b>Total Carb 15g</b>	5%
<b>Dietary Fiber less than 1g</b>	3%
<b>Get enough of these nutrients</b>	
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 8%
Thiamin 8%	Riboflavin 8%
Niacin 8%	
<b>Quick Guide to % Daily Value:</b>	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
<b>5% or less is low</b>	
<b>20% or more is high</b>	