

10TH ANNUAL  
CITY MANAGER'S  
**5K WALK & RUN**



**Sunday, October 22, 2017**

10th Annual City Manager's 5K Walk & Run at Alamo Plaza

The City Manager's 5k Walk & Run is back! Come celebrate the fun as this year's event is guaranteed to be the biggest and best yet. This year employees and their family and friends will have the opportunity to race through the streets of downtown and enjoy Siclovía afterwards.

**Schedule of Events:**

- Opening ceremonies: **8am**
- Race start: **8:30am**
- Closing ceremonies: **9:30am**
- Event end: **10:30am**
- Siclovía Start: **11am**

**Sign-up for the CM5K at:**

**Register.IAAPWEB.com**

- Free for City employees
- \$7 for family and friends
- **Earn 750 Virgin Pulse points**
- Free event t-shirt



**siclovía**  
  
 YMCA OF GREATER SAN ANTONIO  
 COMMUNITY EVENT

**SAVE THE DATE: OCT. 22  
 DOWNTOWN**

Siclovía is a free event that turns major city streets in to a safe place for people to exercise and play. The streets become temporarily car-free for about 5 hours on Sundays for families to run, ride bikes, take exercise classes and enjoy their city streets.

**Next Siclovía: Sunday | October 22**

**BATHROOM BANTER**

(210) 207-WELL wellness@sanantonio.gov

**september.**



- Schedule a medical, eye, and ear exam for your child
- Help kids stay active and ready to learn
- Get kids up to date on recommended vaccines
- Help kids make healthy food choices daily
- Learn special tips on getting kids to school safely
- Get the facts on school and youth violence prevention
- Are your kids playing sports at school? Know your Concussion ABCs



YOUR GUIDE TO PACKING

**HEALTHY LUNCHES**

EACH MEAL SHOULD BALANCE LEAN PROTEIN, COMPLEX CARBOHYDRATES, AND FRUITS OR VEGETABLES



AVOID HEAVILY PROCESSED MEATS AND OTHER PACKAGED FOODS, AND LIMIT SODAS AND SWEETS

HEALTHY CARB OPTIONS:

BEANS, BROWN RICE, POTATOES, SWEET POTATOES, SQUASH, QUINOA, WHOLE GRAIN PRODUCTS

HEALTHY PROTEIN OPTIONS:

BEANS, FISH, NATURAL LUNCHMEAT, LOW-SUGAR YOGURT, NUTS/SEEDS



FRUITS AND VEGGIES ARE NON-NEGOTIABLE!

EACH LUNCH SHOULD INCLUDE AT LEAST 1 FRUIT OR VEGETABLE THAT YOUR KIDS WILL EAT



**education**



**Presented by Deer Oaks EAP**

**9/21: 2-3pm, Plan Your Dream Vacation on a Budget, Ron Darner Enrique Barrera Room, 5800 Enrique M. Barrera Parkway**

**9/26: 12-1pm, Effective Budgeting, Council Chambers, 114 W. Commerce St.**

It's that time...  
**Benefits OPEN ENROLLMENT**



This is the one time of year when you can make changes to your benefits without experiencing a Qualifying Life Event (marriage, divorce, birth or adoption of a child, etc.).



**Open Enrollment runs through: October 2nd (11:59pm) - October 27th**