

BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



EDUCATION

Presented by Keith Thibodeaux, BCBSTX

10/5: 12-1pm, CM5K/Fitness For Life, Central Library Auditorium



10/10: 11:30-12:30pm, CM5K/Fitness For Life For Success, Municipal Plaza B-Room



Sunday, October 22, 2017

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



the benefits of flu vaccination 2014-2015

The estimated number of influenza-associated illnesses prevented by flu vaccination during the 2014-2015 season:

1.9 million

The estimated number of flu-associated medical visits prevented by vaccination during the 2014-2015 season:

966,000

The estimated number of flu hospitalizations prevented during the 2014-2015 season:

67,000

OPEN ENROLLMENT



THE CHOICE IS YOURS



2018 Benefits Open Enrollment
October 2nd - 27th



Open enrollment, which will be held from **October 2 to October 27**, is the one time of year when all regular, full-time employees can select or make changes to their benefit choices. These changes become effective January 1, 2018.

This year employees can attend an onsite open enrollment event and **get their flu shot at one of the following locations:**

October 2-6 at the Convention Center or October 10-13 at the Alamodome

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.

Register.IAAPWEB.com

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

Schedule of Events:

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