



Still not registered for the 2017 Rock 'n' Roll Marathon?

City of San Antonio employees receive exclusive discounts for registration! Please see discount codes below. Deadline to register online is November 26th.

Code: **SACITYRUNS** - \$30 off the Marathon, ½ Marathon, or Relay
 Code: **SACITYRUNS5** -\$5 off the 10K or 5K

Volunteer at our Water Station today!

To sign up to volunteer, visit <https://volunteer.sanantonioparks.org/>, click on **Advanced Search**, Input invitation code "ws6", Select opportunity "2017 Rock n Roll Water Station #6" and sign up! Volunteers will receive 500 Virgin Pulse points and a free volunteer t-shirt! Details regarding the event will be e-mailed to you after registration.

Rock 'n' Roll MARATHON SERIES



Virgin Pulse Points offered!

- Full marathon - 1500
- Half Marathon - 750
- Two-Person Half Relay - 350
- 10k - 350
- 5k - 250



BATHROOM BANTER
 (210) 207-WELL wellness@sanantoniogov

Healthy Holidays

<p>By the Numbers</p> <p>4500 average number of calories consumed on Thanksgiving</p> <p>3500 number of calories in one pound of fat</p> <p>229 average fat grams consumed on Thanksgiving</p>	<p>1 number of pounds gained between Thanksgiving and New Year's and</p> <p>85% are still holding onto it one year later</p>	<p>Burn Baby Burn</p> <p>To burn off 4,500 calories:</p> <p>jog 33 MILES</p> <p>cycle 98 MILES</p> <p>swim 7 MILES</p> <p>jump rope 5 HOURS</p>
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NOVEMBER education

Have Stress? Or does Stress have you?

Presented By Marissa Ryals, BCBSTX

11/14: 1-2pm, Municipal Plaza B-Room, 114 W Commerce

11/15: 12-1pm, ACS Annex Building, 4710 Highway 151

STRESS CONTROL

Thank You City of San Antonio!!!

Thank you to the more than 1,500 City employees, friends and family, our community partners and the San Antonio community at large for joining us in Alamo Plaza for the 10th Annual City Manager's 5K Walk & Run. The rain didn't stop us from having a great time, and we're already looking forward to next year. A special thank you to our event sponsors, the Greater YMCA of San Antonio, Alamo Plaza, and the many COSA departments who helped to ensure the event was a success.



Quit For Life Program



1000s OF REASONS. 1 PROGRAM. 1 DAY.
 ON NOVEMBER 16, JOIN OTHERS ACROSS THE NATION BEGIN A TOBACCO-FREE LIFE.



ENROLL NOW.
1-866-QUIT-4-LIFE

Learn more at Quitnow.net