



# BATHROOM BANTER

(210) 207-WELL [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov)

Come join us for a scenic walk on the downtown Riverwalk with BCBSTX onsite health coaches, **Marissa Ryals** and **Keith Thibodeaux**. You will have the opportunity to ask Marissa and Keith questions regarding onsite health coaching, nutrition, diet, physical activity, or anything else related your health and wellbeing.



## April 4th is National Walking Day!

**Walk with a Coach session 1 - April 4th, 11am-12pm;**

Group will meet at San Fernando Cathedral front entrance

\*This walk is approximately 1.5 miles and is great for those wanting to do a little more walking and a little less talking!

**Walk with a Coach session 2 - April 24th, 11am-12pm;**

Group will meet at San Fernando Cathedral front entrance

\*This walk is approximately 1.2 miles

\*Participants must be there on time or risk missing out on the walk. Walking group will leave promptly at 11:05am. Session will be limited to 20 employees, employees must RSVP to HR Customer Service at 207.8705

## Celebrate National Public Health Week April 2-8



Join the movement for healthier communities, cities, and a healthier nation. Be a voice for San Antonio to put good health within everyone's reach. Where we live, learn, work, worship and play has an impact on the health and wellness of our community.

Follow us @SAMetroHealth on social media to learn about the public health services Metro Health offers to the community, including health education, diabetes and disease prevention, immunizations, dental health, food safety, and emergency preparedness. *Healthy people thriving in a healthy community*—this is Metro Health's vision for your San Antonio. To learn more, visit [www.sanantonio.gov/Health](http://www.sanantonio.gov/Health) and <http://www.nphw.org/>.



# 13 EVENTS. 3 CONTESTS. 90 COMPANIES. IT'S WAR.



- FIRSTMARK CU DODGEBALL
- THE CAPITAL GROUP FRISBEE TOSS
- NUSTAR ENERGY GOLF CHIPPING
- CORN TOSS
- SECURITY SERVICE FCU TUG OF WAR
- HUMANA 2K WELLNESS WALK
- ACELITY 5K RUN
- UHS 3V3 BASKETBALL
- CPS ENERGY SOCCER KICKS
- MILLER LITE FOOTBALL THROW
- GONZABA MEDICAL GROUP 4X50M SWIM RELAY
- VALERO 4X100M RELAY
- RACKSPACE SACK RACE
- PLUS VALERO TAILGATE, RBFCU T-SHIRT and BIOBRIDGE GLOBAL BBQ CONTESTS!

san antonio sports  
**CORPORATE CUP 2018**



JUNE 2 AT UIW

To sign up for an event, contact your Team Leader: [WELLNESS@SANANTONIO.GOV](mailto:WELLNESS@SANANTONIO.GOV)  
[SANANTONIOSPORTS.ORG/CORPORATECUP](http://SANANTONIOSPORTS.ORG/CORPORATECUP)

**Don't Forget!** Deer Oaks reimburses EAP participants for their cab fares in the event that they are incapacitated due to impairment by a substance or extreme emotional condition.

This service is available once per year per participant with a maximum reimbursement of \$45.00 (excluding tip).

The process is simple, and like all other EAP services, confidential.



Just take a cab, Uber, or Lyft, then simply call the EAP Helpline at 1-866-327-2400 for instructions on how to submit your receipt for reimbursement. It may take up to 45 days for reimbursement.



Come out and participate in the **H-E-B Alamo Run Fest** where you will have the opportunity to take in a scenic route filled with **Texas history**. You definitely don't want to miss out on this event, so sign up fast! Events include a 1K, 5K, 10K, and Half Marathon. **Virgin Pulse points will be rewarded to City employees upon completion of any event listed above!** To Register, visit <http://www.alamorunfest.com/>



City Employees can use discount code **AlamoCityRuns** to receive a 10% discount on their entry!

\*Discount valid until 4/11/18



EARN 250 VIRGIN PULSE POINTS!