



BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



This month, in honor of Better Sleep month, your Employee Wellness Program is bringing you two education sessions that will focus on the importance of sleep health. Having adequate sleep is key in maintaining a healthy lifestyle and also helps to benefit your heart, weight, mind, and more.

Sleep: If You Don't Snooze, You Lose

Presented by Marissa Ryals, BCBSTX

May 8th, 12pm-1pm;

Municipal Plaza, Council Chambers
(114 W. Commerce)



Sleep Well to Live Well

Presented by Gilbert M. Ruiz, M.D., F.A.C.S.

May 23rd, 1pm-2pm;

Municipal Plaza, B-Room
(114 W. Commerce)



To RSVP, please contact HR Customer Service at 207.8705

HAVE A GOAL TO RUN A FULL OR HALF MARATHON OR JUST WANT TO GET FIT?

The City of San Antonio is partnering with EPIC ENDURANCE TRAINING to get your body strong, fit, and ready for your selected fall endurance event. Epic Endurance Training is offering two back to back programs that will take CoSA employees from the couch to finish line or help experienced CoSA athletes achieve their performance goals.

Overall Program Dates: May 19—Dec 2 (RnR San Antonio Race Day)

CO SA Employee Cost: Half Marathon \$49 Full Marathon \$69



To learn more or ask questions go to

epicendurancetx.com, call 210-663-8908 or email info@epicendurancetx.com

6 BEST FOODS FOR A GOOD NIGHT'S SLEEP



Bananas



Herbal tea



Cacao



Pumpkin seeds



Sweet potatoes



Salmon

13 EVENTS. 3 CONTESTS. 90 COMPANIES.



PRESENTED BY



For more information, or to sign up for an event, contact wellness@sanantonio.gov

- FIRSTMARK CU DODGEBALL
- THE CAPITAL GROUP FRISBEE TOSS
- NUSTAR ENERGY GOLF CHIPPING CORN TOSS
- SECURITY SERVICE FCU TUG OF WAR
- HUMANA 2K WELLNES WALK
- ACELITY 5K RUN
- UHS 3V3 BASKETBALL
- CPS ENERGY SOCCER KICKS
- MILLER LITE FOOTBALL THROW
- GONZABA MEDICAL GROUP 4X50 SWIM RELAY
- VALERO 4X100 RELAY
- RACKSPACE SACK RACE

10 TIPS FOR Better Sleep

- 1. MAINTAIN A CONSISTENT DAILY SCHEDULE**
- 2. REDUCE YOUR DAILY CAFFEINE INTAKE**
- 3. TURN OFF THE COMPUTER OR TELEVISION**
- 4. DON'T GO TO BED ON A FULL STOMACH**
- 5. DON'T GO TO BED ON AN EMPTY STOMACH**
- 6. ENGAGE IN REGULAR EXERCISE**
- 7. LIMIT BEVERAGE CONSUMPTION BEFORE BED**
- 8. KEEP YOUR BEDROOM DARK & QUIET**
- 9. INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING**
- 10. GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK**



The YMCA of Greater San Antonio and The City of The San Antonio Metropolitan Health Department have teamed up to fight diabetes. The YMCA Diabetes Prevention Program provides a supportive environment where participants work together in a small group to learn about

healthier eating and increasing their physical activity, in order to reduce their risk for developing diabetes. The program is delivered over a 12-month period, beginning with 16 weekly sessions and followed by month maintenance. Bring this program to your worksite! A minimum of 10 employees are needed to sign up.

Contact **Janie Cruz** for more information: Janie.cruz3@sanantonio.gov 210-207-8802

