



The **City of San Antonio Employee Wellness Program** invites you to join Airrosti for an educational session focused on overall wellness! The City of San Antonio on-site health coach, Keith Thibodeaux, & local rehabilitation experts at **Airrosti**, will be available to answer all questions regarding soft-tissue and joint related conditions, fitness goals, and living a healthy lifestyle. Come prepared to ask questions and learn from the experts! To **RSVP**, please contact HR Customer Service at 207.8705

July 11th

Ask the Doc, Ask the Pro
12-1pm
Presented by Airrosti
Central Library
Auditorium
600 Soledad

July 17th

Ask the Doc, Ask the Pro
6:30-7am
Presented by Airrosti
Northeast Service Center
East Conference Room
10303 Toolyard

July 19th

Ask the Doc, Ask the Pro
6:30-7am
Presented by Airrosti
Southeast Service Center
Break Room
7402 S. New Braunfels

July 24th

Ask the Doc, Ask the Pro
6:30-7am
Presented by Airrosti
Northwest Service Center
Assembly Room
6802 Culebra Rd

July 26th

Ask the Doc, Ask the Pro
6:30-7am
Presented by Airrosti
Southwest Service Center
Assembly Room
6927 W. Commerce

MINDFULNESS

Feeling stressed and need a little Zen time? The City's Employee Wellness program has the solution for you – **Mindfulness!** The wellness program is partnering with the **Southwest Counseling and Mindfulness Center** to offer employees an 8-week **Mindfulness Based Stress Reduction (MBSR) program**. To learn more about this program, come out and attend an education session on mindfulness with **Lucy Zeigler, LPC, MBSR-QT, LLC**. Lucy will answer any questions you may have about the upcoming eight-week program set to begin **August 13th**. To **RSVP**, please contact HR Customer Service at 207.8705

July 10th

Where: Municipal Plaza, B-Room
114 W. Commerce
When: 12-1pm



To learn more information on the program and how to register, go to the Southwest Counseling and Mindfulness Center website at swcmcenter.com or call Lucy Zeigler at 210.289.6066

Peach Salsa

SUMMER RECIPE: SERVES MANY

Ingredients:

- 1 cup fresh diced peaches*
- 3 tablespoons diced red bell pepper*
- 2 tablespoons diced sweet onion*
- 1 teaspoon diced serrano pepper*
- 1 lime

Directions:

1. Mix all ingredients together except lime.
2. When ready to serve, squeeze the juice of lime over the fruit mixture and toss well.
3. Enjoy with chips or tortillas, or on top of chicken breast.

**Enjoy these Texas ingredients during the summer, when they are the tastiest!*



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Did You Know ?

You can actually take the stairs at the Tower of the Americas. It'll only take you 952 steps to reach the top of the 750-foot-tall structure.
Challenge accepted!

You may request to have an **ergonomic workplace assessment** conducted by the **Office of Risk Management**. The department will be able to make **recommendations** personalized to you based on their findings. To learn more, please contact Bart Bird at **207.7319** or bart.bird@sanantonio.gov

Through participation in **Virgin Pulse**, regular, full-time, civilian employees have the opportunity to earn up to **\$500 annually** towards their Health Savings or Flexible Spending Account.

Contact Wellness today for help to enroll.



6 TIPS TO GET FLEXIBLE AT YOUR DESK

On average we spend 8-9 hours a day sitting at our desk, damaging our general health and posture. Using simple stretching exercises, as well as the appropriate posture positions can reduce back and shoulder discomfort. Make your time at work more enjoyable by feeling healthy and happy!

20-40 INCHES
Sitting 20 to 40 inches away from your monitor is key in reducing back and shoulder discomfort.

40-60 MINUTES
Spending some time outside is a great way to help clear the mind and adjust your eyes to natural light.

30 SECONDS
Stretch your lower-back by supporting it with your hands and lean back. Hold for 30 seconds then lean forward and touch your toes.

5-10 SECONDS
Interlock your fingers and push upward to stretch your shoulders.

5-10 SECONDS
Rotate your head left to right and up and down to stretch your neck.