

# SEPTEMBER BATHROOM BANTER

210.207.WELL | WELLNESS@SANANTONIO.GOV

## 8 WAYS TO SAVE MONEY



1. Track your expenses
2. Set a goal to save for
3. Plan a budget
4. Avoid impulsive spending
5. Avoid using credit cards
6. Do not waste money on bad habits
7. Keep saved money in a separate account
8. Utilize a budgeting smart phone app

## KEEP CALM & SAVE MONEY

THE CITY OF SAN ANTONIO PROVIDES EMPLOYEES AN ADDITIONAL WAY TO PUT EVEN MORE MONEY TOWARD RETIREMENT DIRECTLY FROM THEIR PAYCHECK THROUGH A SECTION 457 DEFERRED COMPENSATION PLAN. THE PLAN IS DESIGNED TO BE A SUPPLEMENT TO THE CITY'S MANDATORY RETIREMENT PLAN AND IS AN ADDITIONAL WAY TO INVEST LONG-TERM.



### WANT TO LEARN MORE?



NATIONWIDE RETIREMENT SOLUTIONS AND ICMA RETIREMENT CORPORATION ARE THE CITY'S DEFERRED COMPENSATION PROVIDERS. REPRESENTATIVES FROM THESE COMPANIES ARE ON-SITE AT THE CITY'S HUMAN RESOURCES DEPARTMENT WEEKLY. CONTACT HR CUSTOMER SERVICE AT 210.207.8705 FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT WITH A PROVIDER.

## SEPTEMBER EDUCATION SESSIONS

# LET'S TALK \$

COME OUT AND TAKE CHARGE OF YOUR FINANCES BY UNDERSTANDING YOUR DEBTS, EXAMINING YOUR FINANCIAL GOALS, AND DEVELOPING A PLAN TO REACH THAT FINANCIAL WELLNESS YOU HAVE BEEN LOOKING FOR. CONTACT HUMAN RESOURCES CUSTOMER SERVICE AT 207-8705 OR HRCUSTOMERSERVICE@SANANTONIO.GOV TO RESERVE YOUR SEAT!

**September 14th** **September 19th**

12-1PM

YOUR ROUTINE FINANCIAL CHECK UP  
MUNICIPAL PLAZA, B-ROOM  
114 W. COMMERCE

12-1PM

EFFECTIVE BUDGETING  
INTERNATIONAL BUILDING  
LA ORILLA DEL RIO BALLROOM  
203 S ST MARY'S ST.



## CoSA Workout Playlist

THANK YOU FOR SUBMITTING YOUR FAVORITE WORKOUT SONGS! AS PROMISED, HERE IS A PLAYLIST COMPILED WITH THE SONGS YOU PROVIDED US!



ME ENAMORE - SHAKIRA  
TECHNOTRONIC - PUMP UP THE JAM  
WHAT LOVERS DO - MAROON 5  
IMMIGRANT SONG - LED ZEPPELIN  
SEEK AND DESTROY - METALLICA  
CALL MY NAME - HARMS WAY  
CALIFORNIA GIRLS - KATY PERRY  
RICK ASTLEY - NEVER GONNA GIVE YOU UP  
...READY FOR IT? - TAYLOR SWIFT  
TALKING HEADS - BURNING DOWN THE HOUSE  
DEADRINGER - KNOCKED LOOSE  
I LIKE IT - CARDI B, BAD BUNNY, & J BALVIN  
CLOUT COBAIN - DENZEL CURRY  
HAVANA - CAMILA CABELLO  
MY FIRST KISS - 3OH3



PLAY IN THE STREET  
SEP 30, 2018  
11a - 3p

sictovía  
YMCA OF GREATER SAN ANTONIO  
COMMUNITY EVENT™

Sponsored by



5K WAS RAINED OUT!  
JOIN US FOR THE...

FREE!  
OPEN TO ALL

FitPASS 2018  
**FINALE**  
EVENT & AWARDS CEREMONY  
PLUS ZUMBA, YOGA, CROSSFIT CLASSES, PRIZES & HEALTH SCREENINGS

**SATURDAY, SEPTEMBER 8**  
LOU HAMILTON COMMUNITY CENTER, 9AM - 11AM  
LADY BIRD JOHNSON PARK, 10700 NACOGDOCHES

AWARD CEREMONY BEGINS AT 9AM  
FOLLOWED BY PRIZE GIVEAWAYS & FITNESS CLASSES

FOR MORE INFO VISIT:  
WWW.SAPARKSANDREC.COM



Get the "SAParkFitness" app on:  
App Store | Google play

