

NOVEMBER

BATHROOM BANTER

210.207.WELL
WELLNESS@SANANTONIO.GOV

2018 Humana Rock 'n' Roll San Antonio Marathon 12/1-12/2

City of San Antonio employees receive exclusive discounts for registration! Use discount code **2018RNRSACITY** to receive \$10 off your registration for the 5K, 10K, 2 Person Half Marathon Relay, Half Marathon, or Full Marathon.

Earn Virgin Pulse Points!

Full Marathon - 1500 points
Half Marathon - 750 points
2-Person Half Relay - 350 points
10k - 350 points
5k - 250 points

Volunteer @ our Water Station!

Registration details will be provided via e-mail soon. Please reach out to the Employee Wellness Program if you have any questions @ 210-207-9355 or wellness@sanantonio.gov

Volunteers earn 500 Virgin Pulse Points + a free t-shirt!



4 TIPS

for Feasting Well on Turkey Day

LARGE SERVINGS OF SALAD and other vegetables will help fill your stomach so you can be satisfied with less of other foods.

Replace half of the flour with **100%WHOLE WHEAT FLOUR** to boost fiber in baked goods.

Opt for **LIGHT TURKEY MEAT** instead of the dark meat to forgo six grams of fat from a four-ounce serving.

FRESH AND FROZEN VEGGIES aren't loaded with sodium like canned vegetables, and often taste fresher too.

SAVE THE DATE

November 13th : 12-1pm

Holiday: How to Enjoy the Holidays and Minimize Holiday Stress presented by Vanessa Bernal, Deer Oaks EAP
DHS Headstart, Galaxy Room
1227 Brady Blvd.

November 20th : 12-1pm

Healthy Holiday Eating Tips! presented Keith Thibodeaux & Marissa Ryals, BCBSTX
Central Library, Auditorium
600 Soledad St.

To RSVP:

Contact Human Resources Customer Service at **207-8705** or hrcustomerservice@sanantonio.gov to reserve your seat!

NOVEMBER WELLNESS
EDUCATION SESSIONS



Wellness Joke of the Month!



VEGETABLES ARE A MUST ON A DIET. I SUGGEST CARROT CAKE, ZUCCHINI BREAD AND PUMPKIN PIE.

Jim Davis

American Cancer Society | Quit For Life® Program



1,000s OF REASONS. 1 PROGRAM. 1 DAY.

ON **NOVEMBER 15**, JOIN OTHERS ACROSS THE NATION AND BEGIN A TOBACCO-FREE LIFE.



Get ready for the Great American Smokeout by enrolling in the Quit For Life® Program this November.

- Work with a Quit Coach®
- No additional cost to enroll*
- Advice, tips and encouragement
- Nicotine patches or gum, if you qualify

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

Learn more at quitnow.net