



DECEMBER
BATHROOM BANTER

210.207.WELL wellness@sanantonio.gov

NEW YEAR, NEW START DECEMBER WELLNESS EDUCATION SESSIONS

If you're like most Americans, you most likely already have your New Year's resolution in mind. As many of us know, sticking to these resolutions can be extremely challenging. Join BCBSTX Health Coaches to learn how to set manageable goals, target physical activity and nutrition, and minimize stress.

DECEMBER 11TH Municipal Plaza, B-Room 114 W. Commerce 12-1 PM	DECEMBER 18TH Pre-K 4 SA - South 7031 S. New Braunfels Ave. 3-4 PM
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CONTACT HUMAN RESOURCES CUSTOMER SERVICE AT 207-8705 OR HRCUSTOMERSERVICE@SANANTONIO.GOV TO RESERVE YOUR SEAT!



Tips for Managing Holiday Stress

Don't Overschedule Yourself
Attempting to please everyone will leave you feeling stretched thin, overwhelmed and resentful. It is OK not to attend every holiday get together, not to send out holiday cards this year, and to simply say NO.



Make Time for Yourself
Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Carving out time to step away from your daily grind will bring peace and balance to your holiday season.



Don't Abandon Healthy Habits
Stick with your daily routine as much as possible. Continue to exercise as usual. Exercise will help you feel better lower stress and elevate your mood. Be mindful of food selections practicing 80% healthy choices and only 20% treats.



www.positivehealthwellness.com



Take the High Road 

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. MAXIMUM REIMBURSEMENT IS \$45.00 (EXCLUDING TIP).

TO OBTAIN REIMBURSEMENT, 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.

'Tis the Season of Giving
COSA Employee Toy Drive 

The COSA CORE Volunteer Program has teamed up with Toys for Tots for a COSA Employee Toy Drive from Monday, Nov. 26 - Thursday, Dec. 13. To participate, you may donate a new toy at any of the following drop off locations:

DHS HEAD START BRADY BUILDING
1227 Brady Blvd, San Antonio, TX 78207

ANIMAL CARE SERVICES
4710 TX-151, San Antonio, TX 78227

SAN ANTONIO INTERNATIONAL AIRPORT
9800 Airport Blvd, San Antonio, TX 78216

SAN ANTONIO CENTRAL LIBRARY 4TH FLOOR LOBBY
600 Soledad St, San Antonio, TX 78205

PARKS AND RECREATION DARNER HEADQUARTERS
5800 Enrique M. Barrera Pkwy
San Antonio, TX 78227

RIVERVIEW TOWERS 1ST FLOOR HR SUITE
111 Soledad St, San Antonio, TX 78205

ITSD BUILDING
515 S. Frio, San Antonio, TX 78207

MODULAR BUILDING #2
506 Dolorosa St, San Antonio, TX 78205

Place your new, unwrapped toys in the marked Toys for Tots boxes at these locations during business hours up until Thursday, Dec. 13. Stuffed toys/animals are not accepted unless they are in the original container.



For more information, please contact Melissa Escamilla, Volunteer Program Coordinator, Government and Public Affairs Department at (210) 207-8178 or Melissa.escamilla@sanantonio.gov