

**BATHROOM BANTER**  
**JANUARY**  
 HAPPY NEW YEAR FROM YOUR  
 EMPLOYEE WELLNESS TEAM  
 210.207.WELL WELLNESS@SANANTONIO.GOV

**RECIPE**  
 WINTER CITRUS SALAD

INGREDIENTS	PROCEDURE
<ul style="list-style-type: none"> <li>8 ORANGES, PEELED AND SECTIONED</li> <li>4 RUBY RED GRAPEFRUITS, PEELED AND SECTIONED</li> <li>6 KIWIS, PEELED AND SLICED</li> <li>1 1/4 CUPS POMEGRANATE ARILS</li> <li>2 TBSP. HONEY</li> <li>2 TSP. WHITE BALSAMIC VINEGAR</li> </ul>	<ul style="list-style-type: none"> <li>COMBINE ORANGES, GRAPEFRUITS, KIWIS, AND POMEGRANATE ARILS IN A LARGE BOWL; TOSS GENTLY.</li> <li>DRIZZLE WITH HONEY AND VINEGAR; TOSS GENTLY.</li> <li>COVER AND CHILL 1 HOUR. TOSS BEFORE SERVING.</li> </ul>
NUMBER OF SERVINGS 8 (SERVING SIZE 1 1/4 CUP)	 <a href="http://www.myrecipes.com">www.myrecipes.com</a>

**LET'S TALK WOMEN'S HEALTH**  
 JANUARY WELLNESS EDUCATION SESSIONS



Please join us this month to learn more information regarding some of women's top health concerns.

<b>JANUARY 15TH: 12-1PM</b> GYNECOLOGY, PREVENTION & WOMEN'S HEALTHCARE <i>Mallory Thompson, MD</i> MUNICIPAL PLAZA C-ROOM 114 W. COMMERCE	<b>JANUARY 23RD: 12-1PM</b> WOMEN'S HEALTH OVERVIEW <i>Marissa Ryals, BCBCSTX</i> DEVELOPMENT SERVICES TRAINING ROOM B 1901 S ALAMO ST
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CONTACT HUMAN RESOURCES CUSTOMER SERVICE AT 207-8705 OR [ASKHR@SANANTONIO.GOV](mailto:ASKHR@SANANTONIO.GOV) TO RESERVE YOUR SEAT!

**11 HEART-HEALTHY NEW YEAR'S RESOLUTIONS**

-  **DRINK MORE WATER**
-  **QUIT SMOKING**
-  **MANAGE YOUR STRESS**
-  **EAT MORE FRUITS AND VEGGIES**
-  **EAT OUT LESS**
-  **BUY LESS PROCESSED FOODS**
-  **EAT MORE FIBER**
-  **EXERCISE MORE**
-  **SLEEP MORE**
-  **LIMIT ALCOHOL**
-  **LOSE WEIGHT**

**MEET OUR NEWEST HEALTH COACH**  
**Chris Baker**



PLEASE CONTACT CHRIS IF YOU ARE INTERESTED IN ANY OF THE FOLLOWING:

- DEVELOPING PERSONAL AND MEASURABLE HEALTH BEHAVIOR GOALS AND A PLAN TO ACHIEVE YOUR GOALS.
- OBTAINING PREVENTATIVE HEALTH EDUCATION INFORMATION BASED ON YOUR RISK FACTORS.
- MOTIVATION TO ADOPT HEALTHY LIFESTYLE BEHAVIORS AND MAKE BETTER HEALTH CARE DECISIONS.
- ASSISTANCE UNDERSTANDING WELLNESS BENEFITS AND LEARNING ABOUT BLUE CROSS AND BLUE SHIELD OF TEXAS PROGRAMS THAT MAY HELP IMPROVE YOUR HEALTH AND HEALTH CARE COSTS.
- HEALTH AND WELLNESS CLASSES IN A GROUP SETTING (WEIGHT LOSS, EXERCISE, NUTRITION, STRESS).

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