

# APRIL

**BATHROOM BANTER**  
**WELLNESS@SANANTONIO.GOV**  
**210-207-WELL (9355)**



**13 EVENTS**  
**3 CONTESTS**  
**90 COMPANIES**  
**IT'S WAR.**



san antonio sports  
**CORPORATE CUP 2019**

PRESENTED BY



**JUNE 1 AT UIW**

FIRSTMARK CU **DODGEBALL**  
THE CAPITAL GROUP **FRISBEE TOSS**  
NUSTAR ENERGY **GOLF CHIPPING**  
TACO CABANA **CORN TOSS**  
SECURITY SERVICE FCU **TUG OF WAR**  
**2K WELLNESS WALK**  
**ACEILITY 5K RUN**  
UHS **3V3 BASKETBALL**  
CPS ENERGY **SOCCER KICKS**  
**FOOTBALL THROW**  
GONZABA MEDICAL GROUP **4X50M SWIM RELAY**  
VALERO **4X100M RELAY**  
RACKSPACE **SACK RACE**  
**PLUS**  
VALERO **TEAM TAILGATE**, RBFCU **T-SHIRT** and BIOBRIDGE GLOBAL **BBQ CONTESTS**



To sign up for an event, contact your Team Leader: [WELLNESS@SANANTONIO.GOV](mailto:WELLNESS@SANANTONIO.GOV)  
[SANANTONIOSPORTS.ORG/CORPORATECUP](http://SANANTONIOSPORTS.ORG/CORPORATECUP)



## It's Fiesta Time!

### Stay Active

USE FIESTA 2019 TO GET THOSE STEPS IN! THERE ARE NUMEROUS EVENTS FILLING OUR CITY THAT ENCOURAGE YOU AND YOUR FAMILY TO GET OUT AND GET ACTIVE WHILE STILL HAVING DAYS FULL OF ENTERTAINMENT. AIM FOR AT LEAST 7,000 STEPS A DAY AND DON'T FORGET TO UPLOAD YOUR STEPS TO VIRGIN PULSE!

## WALK WITH A COACH

April 12th & 16th: 11AM-12PM

COME JOIN MARISSA RYALS, CHRISTOPHER BAKER, AND KEITH THIBODEAUX FOR A SCENIC WALK ON THE RIVERWALK. THEY WILL SHARE INFORMATION ON:

- How to stay fit with family and friends
- How functional body-weight exercises improve strength
- Performance and balance

GROUP WILL MEET AT THE SAN FERNANDO CATHEDRAL. PARTICIPANTS MUST BE THERE ON TIME OR RISK MISSING OUT ON THE WALK. WALKING GROUP WILL LEAVE PROMPTLY AT 11:05AM.



Session will be limited to 25 employees, employees must RSVP to HR Customer Service at 210.207.8705 or [askhresanantonio.gov](mailto:askhresanantonio.gov)

CITY MANAGER'S 5K WALK & RUN 2019

# THANK YOU

THANK YOU TO ALL CITY EMPLOYEES, FRIENDS AND FAMILY, OUR COMMUNITY PARTNERS AND THE SAN ANTONIO COMMUNITY AT LARGE FOR JOINING US AT ROOSEVELT PARK FOR THE 11TH ANNUAL CITY MANAGER'S 5K WALK & RUN. A SPECIAL THANK YOU TO OUR EVENT SPONSORS AND THE MANY COSA DEPARTMENTS WHO HELPED TO ENSURE THIS EVENT WAS A SUCCESS.

## STUDENT LOAN PAYMENT PROGRAM

INTRODUCING THE NEWEST COSA EMPLOYEE BENEFIT—THE **STUDENT LOAN PAYMENT PROGRAM** FOR FULL-TIME CIVILIAN EMPLOYEES AND CITY COUNCIL AIDES. AS AN EMPLOYER OF CHOICE, THE CITY WILL HELP YOU PAY OFF YOUR STUDENT LOANS BY PROVIDING A MONTHLY PAYMENT TOWARDS THE PRINCIPAL OF AN ELIGIBLE STUDENT LOAN, IN ADDITION TO A RANGE OF NEW FINANCIAL WELLNESS TOOLS.

HOW TO GET STARTED:  
SIMPLY SIGN UP ONLINE AT [COSA.TUITION.IO/REGISTER](http://COSA.TUITION.IO/REGISTER)