

MAY 2019
**BATHROOM
BANTER**

(210)207-9355

wellness@sanantonio.gov

May is Better Sleep Month.
Did someone say naptime?

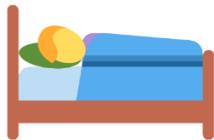
May Wellness Education Session

**Sleep Well
to Live Well**

PRESENTED BY GILBERT RUIZ, M.D., F.A.C.S

Join us to learn about the following:

- What is Sleep?
- Snoring/Sleep Apnea
- Insomnia
- Tips for Better Sleep



MAY 10, 2019/ MUNICIPAL PLAZA, B-ROOM/12-1PM
CONTACT HR CUSTOMER SERVICE AT 207-8705 OR
ASKHR@SANANTONIO.GOV TO RESERVE YOUR SEAT.

**IT'S WAY PAST YOUR BEDTIME!
4 TIPS FOR GETTING A GOOD NIGHT OF REST**



**EPIC
ENDURANCE
TRAINING**

**JOIN THE 2019 MARATHON
TRAINING PROGRAM TODAY!**

JOIN EPIC ENDURANCE TRAINING TO GET YOUR BODY STRONG, FIT, AND READY FOR YOUR SELECTED FALL ENDURANCE EVENT. YOU WILL EXPERIENCE TWO BACK TO BACK PROGRAMS THAT WILL TAKE YOU FROM THE COUCH TO FINISH LINE OR HELP EXPERIENCED ATHLETES ACHIEVE THEIR PERFORMANCE GOALS.

OVERALL PROGRAM DATES:
JUNE 1, 2019 - DECEMBER 8, 2019

COSA EMPLOYEE COST:
HALF MARATHON: \$49
FULL MARATHON: \$69

TO LEARN MORE:
VISIT EPICENDURANCETX.COM
CALL 210-663-8908
E-MAIL INFO@EPICENDURANCETX.COM

**ATTEND A WW AT WORK
OPEN HOUSE THIS MONTH!**

WW, FORMERLY KNOWN AS WEIGHT WATCHERS, IS A PROGRAM THAT OFFERS SERVICES TO ASSIST IN DEVELOPING HEALTHY HABITS, INCLUDING WEIGHT LOSS AND MAINTENANCE, FITNESS, AND MINDSET. A NEW WW AT WORK WORKSHOP WILL START ON JUNE 6TH, 2019. PLEASE ATTEND ONE OF THE OPEN HOUSES BELOW TO SIGN UP OR LEARN MORE!

MAY 23RD & 30TH
RIVERVIEW TOWERS
HABANERO ROOM
111 SOLEDAD ST
12:15-1:15PM



American Cancer Society | Quit For Life® Program



**JOIN THE MOVEMENT:
MAY 31ST WORLD NO
TOBACCO DAY**

**TO GET SUPPORT, CALL
1-866-QUIT-4-LIFE**

or visit quitnow.net

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