



# Bathroom Banter

## AUGUST 2019

wellness@sanantonio.gov  
(210) 207 -WELL (9355)

### Mindfulness-Based Stress Reduction (MBSR)

Orientation to 8-week course



Lucy Ziegler LPC, MBSR, LLC

<b>Monday August 5th</b>	<b>Thursday August 8th</b>
5:30 - 8:00pm	5:30 - 8:00pm
Central Library Auditorium	Mission Library North Meeting Room
600 Soledad Street	3134 Roosevelt Avenue

**OR**

Cost (for 8-week course):  
-\$25 for COSA employees  
-\$75 for family member or friend

### Education Sessions:

## LIGHTEN UP WITH LAUGHTER

<b>WED 8/7 @ 12:00pm</b>	<b>TUE 8/20 @ 12:00pm</b>	<b>MON 8/26 @ 11:00am</b>
NHSD Conference Room 1400 South Flores Street	La Orilla Del Rio Ballroom International Center 203 St. Mary's Street	ACS Annex Training Room 4710 State Highway 151

In these 1 hour sessions, you will learn about the psychological benefits of humor, appropriate uses of humor in the workplace and developing your own humor.

Sign up by emailing [askhr@sanantonio.gov](mailto:askhr@sanantonio.gov)

### NATIONAL FINANCIAL AWARENESS DAY (8/14)



STRESSING ABOUT FINANCES CAN IMPACT OTHER AREAS OF LIFE. PRACTICE SAVING FOR UNEXPECTED EXPENSES.

### PROMOTE HEALTH THROUGH WORKPLACE SAFETY (8/25 - 8/31)



ENCOURAGE EMPLOYEES/COLLEAGUES TO LOOK FOR HAZARDS IN THE WORKPLACE, DISCREPANCIES IN ERGONOMICS, AND EVACUATION ROUTES.



### DO YOU SMOKE, VAPE, OR CHEW?

Get gum, patches or both to help you quit and manage your cravings.

LIMITED TIME ONLY  
SEPTEMBER 1-30

1-866-QUIT-4-LIFE OR [QUITNOW.NET](http://QUITNOW.NET)



Friendly reminder - the Healthy Food and Beverage Procurement AD 11.1 goes into effect on August 15th. There are available resources for you to use at [sanantonio.gov/vivahealth](http://sanantonio.gov/vivahealth) and a toolkit coming soon.

To request a training session for your department, contact Arisa Larios at (210) 207-5261