



2019
HUMANA ROCK 'N' ROLL
SAN ANTONIO MARATHON
CITY OF SAN ANTONIO EMPLOYEES
RECEIVE EXCLUSIVE DISCOUNTS FOR
REGISTRATION! USE DISCOUNT CODE
SAWELLNESS2019 TO REGISTER AT THE
FOLLOWING RATES:

Marathon: \$92 10K: \$62
Half: \$82 5K: \$42

ALREADY REGISTERED?

Join the COSA Run Club Team!

SHOW YOUR COSA SPIRIT AND JOIN OUR TEAM. BY JOINING THE COSA RUNNING CLUB, YOU WILL ALSO GAIN ACCESS TO THE ROCK 'N' ROLL TRAINING LIBRARY WITH TIPS AND TRICKS TO HELP YOU SUCCESSFULLY TRAIN FOR AND FINISH YOUR RACE FEELING STRONG!

TO JOIN:

- visit <https://www.runrocknroll.com/en/Programs/Run-Club/Join-Team>
OR use this handy QR Code 
- Complete digital form and Select "COSA Running Club" from the dropdown menu under Team
3. SUBMIT!

You can access QR codes simply by opening your camera on iPhone/Android and pointing at the QR box!



**BATHROOM
BANTER**

September 2019

wellness@sanantonio.gov

(210) 207-WELL



Squirrel count: 1st three employees to email wellness with a correct squirrel count will get a prize

Education Sessions

Make your money work for you by creating your own debt management plan

Tuesday, Sept. 17 @ Noon
*Central Library Auditorium
600 Soledad St.*

Wednesday, Sept. 25 @ Noon
*Ron Darner
Multipurpose room
5800 Enrique M. Barrera Pkwy*

Sign up by emailing
askhr@sanantonio.gov



Yoga month



Ever consider taking a yoga class?

The benefits of yoga are well documented and shown to:

- Boost mindfulness
 - Enhance fitness routines
 - Lower blood pressure and cholesterol
- Check out:

Sanantonio.gov/ParksAndRec to find FREE yoga classes around the city!!



síetovía
YMCA OF GREATER SAN ANTONIO
COMMUNITY EVENT™

PLAY IN THE STREET
Sept. 29
10a - 3p

