

# BATHROOM BANTER OCTOBER 2019

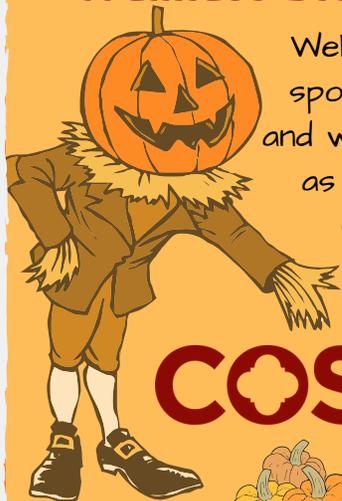
WELLNESS@SANANTONIO.GOV  
(210) 207 -WELL

Jack-o-lantern count: a prize awaits the first 3 to count correctly... Must submit by 10/11/2019  
One guess per participant !!

## NEW from Wellness:

### Wellness Division Logo

Wellness will now be sporting a new look, and we hope you love it as much as we do. Check it out!!!



# COSA Well



### GET YOUR FREE FLU SHOT!

Open enrollment, which will be held from October 7th to October 25th, is the one time of year when all regular, full-time employees can select or make changes to their benefit choices. These changes become effective January 1, 2020.

### COME GET YOUR FREE FLU SHOT!

Employees can attend an onsite open enrollment event and get their flu shot at one of the events below. Please remember to bring your BCBSTX insurance card.

#### Where?

Alamodome  
100 Montana St  
San Antonio TX 78203

#### When?

10/21/19 - 12:00pm to 5:00pm  
10/22/19 - 8:00am to 5:00pm  
10/23/19 - 8:00am to 5:00pm  
10/24/19 - 8:00am to 5:00pm  
10/25/19 - 8:00am to 1:00pm

## 10 October is World Mental Health Day



There is no stigma to recognizing a mental health issue...

City Employees can go to [DeerOaksEAP.com](http://DeerOaksEAP.com) (username/password: cosa) to explore counseling services for help on numerous topics including: legal, financial, relationship, anxiety and more.



## DOMESTIC VIOLENCE AWARENESS MONTH

### Wellness Education Session

Domestic Violence Workshop:

Presented by SAMHD, the PEACE Initiative, Family Violence Prevention Services and the SAPD Crisis Response Team

Monday, October 14 from 12-1p Central Library Auditorium 600 Soledad St	Monday, October 28 from 12-1p NHSD - Main Conference Room 1400 S. Flores St
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This 1- hour workshop will give attendees information on ways to support individuals experiencing domestic violence by:

- Covering early warning signs and methods of support
- Exploring resources available to those in need

Email: [askhr@sanantonio.gov](mailto:askhr@sanantonio.gov) to reserve a spot

### Quarterly Digital Newsletter

Be on the lookout for a new digital Wellness newsletter featuring articles pertaining to all aspects of wellbeing. Look for it in an upcoming All COSA email or at [sanantonio.gov/wellness](http://sanantonio.gov/wellness)!



- Physical
- Mental
- Nutritional
- Financial
- Sleep
- Social