

LEARN | TRAIN | GROW

Are you looking to improve your computer skills? The City offers all employees free training sessions including the following basic computer courses:

- Intro to Computers I
- Intro to Computers II

Speak to your department's Employee Relations Business Partner today to get registered for these and other courses.

ONSITE HEALTH COACHING

The City of San Antonio offers health coaching services through Blue Cross and Blue Shield of Texas. Health coaching services are complimentary to all full-time civilian City employees, regardless of your insurance carrier.

CONTACT A COACH TODAY

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Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

4 Ways to Take Control of Your Heart Health

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.

Stay Hydrated, Even In Winter



Often, people reduce their water intake during the colder months but dehydration can affect you in the winter too! Be sure to adequately hydrate in the dry winter months by drinking the recommended eight glasses of water as a general rule and adjusting as needed.

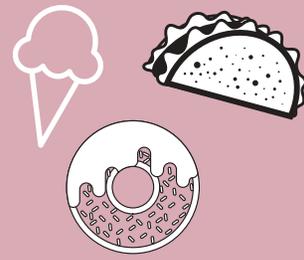
Wellness Workshops

Control Your Cravings

Presented by: Arisa Larios MS, RDN from SAMHD

February 19th
12-1pm

International Building
River Terrace
@ Biga, 3rd floor
203 S St Mary's St



February 26th
12-1pm

Development Services
Training Room B
2nd floor
1901 S Alamo St

