



DON'T MISS OUT ON VIRGIN PULSE POINTS FOR PARTICIPATION IN THE VIRTUAL 5TH ANNUAL TOUR DE LAS MISIONES

9/8-9/13

[www.worldheritagefestival.org](http://www.worldheritagefestival.org)



## IMPORTANT UPDATE

Face coverings should cover a person's nose and mouth. It can be made of cloth, fabric, or other permeable material but it should NOT have an exhalation port or valve.



## EAT SMART. WORK SMART.

Choosing healthy options for your staff just became easier! Check out the **NEW** Healthy Procurement Guide with meal ideas and cost saving tips.



## CM5K WALK RUN

September 19-20, 2020

This year, the CM5K will take place virtually using the Virgin Pulse program.\*

### DETAILS

You can earn up to 500 Virgin Pulse Points!

- To earn 350 Virgin Pulse Points: Upload 12,000 steps to your Virgin Pulse account on either day of the challenge (Saturday or Sunday).
- To earn an additional 150 Virgin Pulse Points: Submit a photo of you completing your personal CM5K to the COSA Spirit Gallery. To submit a photo to the COSA Spirit Gallery, e-mail [AskHR@sanantonio.gov](mailto:AskHR@sanantonio.gov) with your photo and SAP#.
- The deadline to upload your steps and submit a photo is Tuesday, September 22nd.

### NOT REGISTERED FOR VIRGIN PULSE?

\*Full time, Civilian employees are eligible to participate in the Virgin Pulse program. To register, please visit: [www.join.virginpulse.com/cityofsanantonio](http://www.join.virginpulse.com/cityofsanantonio)  
For any questions, or assistance getting signed up, please contact the Wellness Division at (210) 207-WELL or [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov).

## WELLNESS WORKSHOP

THE POWER OF PREVENTION, SLEEP, AND BOOSTING IMMUNE HEALTH FOR OVERALL WELL-BEING

Please join the COSA Health Coaches as they examine the importance of preventive health for your immune system. They will also discuss how lifestyle changes such as proper nutrition, physical activity and sleep can boost your immune system as well as answer any wellness questions you may have.

LIVE WEBINAR  
SEPT 16, 2020  
1-2:15 PM



SCAN QR CODE WITH YOUR SMARTPHONE TO REGISTER

## SMOKE, VAPE, OR CHEW?

During the month of September, you can 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)



Quit For Life® Program