

# COSA Well

## Bathroom Banter

# March



Wellness@SanAntonio.gov



NATIONAL NUTRITION MONTH  
**MAKE EATING RIGHT EASY!**

			
<p><b>Vary Your Diet</b> Eat a variety of nutritious foods every day</p>	<p><b>Meal Planning</b> Enjoy healthful eating @ work and @ home</p>	<p><b>Cook &amp; Prep</b> Learn skills to create tasty meals to share &amp; enjoy</p>	<p><b>Visit an RDN</b> See a registered Dietitian or Nutritionist</p>

Are you taking advantage of Virgin Pulse Points? Here are a few ways to earn extra points during the quarter:

- Complete a Journey step (under programs) for 20 points per day
- Complete 20 cards per month for 200 points
- Create a challenge for 50 points
- Join a challenge for 100 points
- 20 days of Healthy Habit tracking will net 300 points

Go to "How to earn" on the app or website to find more ways to reach the max incentive of \$125 in HSA/FSA funds per quarter!



## Wellness Workshop

### Lunch with a Coach

Bring your own lunch (no judgements) and come to enjoy a relaxing lunch with your BCBSTX Coaches.

March 5th, 2020

12:00 - 1:00 pm

Spanish Governor's Palace - Courtyard



### First day of spring arrives March 20th

As cold weather turns over to warm, spring brings forth the dormant wonders of our natural landscape!

Ever consider gardening? Playing in the dirt can be therapeutic and rewarding! Start with the basics such as herbs or hardy vegetables that will be forgiving as you learn the art of caring for plants!