City of Bryan
Healthy Lifestyles

Worksite Wellness News

VOLUME IV, ISSUE 7 MARCH 2, 2012

SPECIAL POINTS OF INTEREST:

- **Diabetes Classes Start Soon!**
- **Earn points through BlueCross BlueShield**

INSIDE THIS ISSUE:

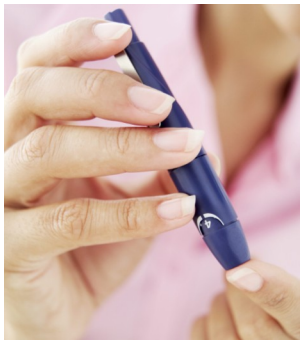
Walk Across Texas Recharge	2
Garlic Shrimp Pasta Recipe	2
Upcoming CPR & DDC	2
Know Your Benefits	3

Childhood Anxiety and Depression: Could your child be at risk?

Childhood anxiety and depression is on the rise and can interfere with regular daily activities along with school and family life. As a parent it can be difficult to recognize whether your child is simply going through a phase or if they are exhibiting signs of anxiety and depression. They can be experiencing these feelings from being victimized by peers or because of some other factor . Join us for a seminar presented by Texas A&M Professor and Educational Psychologist, Dr. Jan Hughes, as we explore this topic and how it affects children in today's society.

Join us for this educational seminar!
Wednesday, March 28th
2-3 P.M.
MOB Basement Training Room
Speaker: Dr. Jan Hughes

Do Well, Be Well with Diabetes Classes Offered



Do Well, Be Well with Diabetes classes are sponsored by Texas AgriLife Extension's Diabetes Coalition. You will get the facts of living with Type II diabetes from experts and educators. Nine topics are taught in the 5-week class series beginning Tuesday, March 6th and continuing March 13th, 20th, 27th, and April 3rd. The class meets from 6-9 P.M. at the B-CS Community Health Center. Adults with Type II diabetes and their caregivers can register by calling Texas AgriLife Extension-Brazos County office at (979) 823-0129. The cost is $25 which covers educational material, and employees enrolled in the City's health plan are eligible for class fee reimbursement upon completion of the course. Contact Lesley Becker at 209-5050 for details or click here to view the class brochure.

Walk Across Texas Recharge Event!

Walk Across Texas kicked off last month here in Brazos County. Teams should be well on their way to walking, biking, swimming or running the 830 miles from El Paso to Orange. In order to keep the momentum going, a "Recharge Event" will be held on Saturday, March 3rd at Neal Recreation Center. Come out and enjoy old-fashioned Field Day Events as we RECHARGE and finish our trek across Texas!

Recharge Event
Saturday, March 3rd
Neal Recreation Center
10-11am
All team members invited.
Door prizes will be given!

Light and Easy! Garlic Shrimp Pasta Recipe

- 8 oz uncooked multigrain angel hair pasta
- 4 cups fresh baby spinach
- 1 1/2 cups halved cherry tomatoes
- 3 teaspoons olive oil
- 1 medium onion, finely chopped
- 1 1/2 lb fresh medium shrimp, peeled, deveined and tails removed
- 3 cloves garlic, finely chopped
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup dry white wine
- 1/4 cup reduced-sodium chicken broth
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3 tablespoons chopped fresh parsley
- 2 tablespoons butter

1. In 5-quart saucepan or Dutch oven, cook pasta as directed on package. Drain; return to saucepan. Stir in spinach, tomatoes, and 2 teaspoons of the oil. Cover to keep warm.
2. Meanwhile, while pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat. Add onion; cook and stir 1 minute. Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
3. Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm. Remove from heat; stir in parsley and butter until it is melted. Add shrimp mixture to pasta mixture in saucepan; toss to mix.

Source: www.eatbetteramerica.com

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)
March 21st
8am to 5pm at the MSC

CPR & First Aid (renewal)
March 22nd
1-3pm at the MSC

Defensive Driving
March 20th
8am-4pm at the MSC

Please contact Howard Hart at 209-5056 or hhart@bryantx.gov to register.

Know Your Benefits

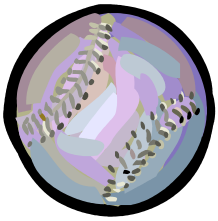
Achieve a healthier life-Take advantage of Blue Care Connection®

Blue Cross and Blue Shield offers a host of resources that can help you and your covered family members reach your health and wellness goals. When you sign-up and interact with the website, you accrue Blue Points℠ which can be redeemed for merchandise. Other services offered through Blue Care Connection® include:

- **Personal Health Manager**- online suite of wellness resources to help you manage your health and adopt healthier behaviors.
- **24/7 Nurseline**- around the clock access to Registered Nurses for health information
- **Special Beginnings®**- maternity program offering expectant mothers ongoing support and education from prenatal to postpartum care
- **Case Management**– registered nurse case managers help you cope with a complex medical situation and access the services you need
- **Behavioral Health**– licensed behavioral health professionals help you access services and offer support with co-existing medical conditions or disorders such as anxiety, depression, etc.
- **Fitness Program**-take advantage of a gym membership to a nationwide network of fitness centers

Log-in to Blue Access for Members at www.bcbstx.com to get started!

Don't Wait!
Call the Employee Health Center today to schedule your child's Spring School Physical!



CITY OF BRYAN
Employee Health Center

Open Monday-Friday 8am-5pm
(closed from noon-1pm)
Call 979-821-7690 for an appointment!
There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050
lbecker@bryantx.gov
www.bryantx.gov/wellness