



CITY OF BRYAN
Healthy Lifestyles

WORKSITE WELLNESS NEWS

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MAY 30, 2013

SPECIAL POINTS OF INTEREST:

- Health & Safety Expo this month!
- June is Men's Health Month

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2013 Health & Safety Expo

Thursday, June 20th
10am-2pm
Brazos Center

Featuring lots of great booths, free assessments, and the Backhoe Rodeo! All employees of the City of Bryan, City of College Station and Brazos County are invited to attend.

Attending can count toward your Safety/Wellness hours needed within the Training and Talent Development Program.

- Blood pressure checks
- Benefit information
- BMI assessments
- Cholesterol screenings
- Glucose screenings
- And more!



Check out this
year's t-shirt!

**By attending and visiting various booths,
you will be entered to win the grand prize!**

June is Men's Health Month!



**MEN'S HEALTH
MONTH**

Awareness. Prevention.
Education. Family.

www.menshealthmonth.org

We celebrate Father's Day in June, so what better month to celebrate Men's Health? The goal of this observance is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease and injury among males. There are many routine tests and exams that males should complete depending on various risk factors and their family history. Take time this month to talk with your healthcare provider about your health and what screenings you may be due for if you are a male and encourage the men in your family to do the same. For more information about National Men's Health Month, visit www.menshealthmonth.org/week/index.html.

Blood Drive to be held during Health & Safety Expo

As part of this year's Health & Safety Expo, the City of Bryan, City of College Station and Brazos County will also host a mobile blood drive. The Blood Center of the Brazos Valley will be set up from 10am-2pm on June 20th in the parking lot at the Brazos Center. Walk-ins are welcome, but you may sign up for a specific appointment time by contacting Lesley Ward at lward@bryantx.gov or call 979-209-5050. All donors will receive a free t-shirt!



Yummy Grilled Chicken with Strawberry-Pineapple Salsa Recipe

Ingredients:

1 teaspoon canola or corn oil

Salsa:

2 slices fresh pineapple, each 1/2-inch thick, patted dry

1 cup whole strawberries (about 5 ounces), diced

1/4 cup finely chopped red onion

3 to 4 tablespoons chopped fresh mint leaves

1 to 2 teaspoon sugar

1/8 teaspoon crushed red pepper flakes

Chicken:

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

2 teaspoons salt-free steak seasoning blend

1/4 teaspoon salt



Instructions:

1. Preheat the grill to medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes before chopping.
2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Source: American Heart Association

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

June 18th

8am-3pm at the MSC

CPR & First Aid (renewal)

June 18th

3-5pm at the MSC



Defensive Driving

June 17th

8am-4pm at the MSC



To register contact Howard Hart at hhart@bryantx.gov or call 209-5056.

Know Your Benefits

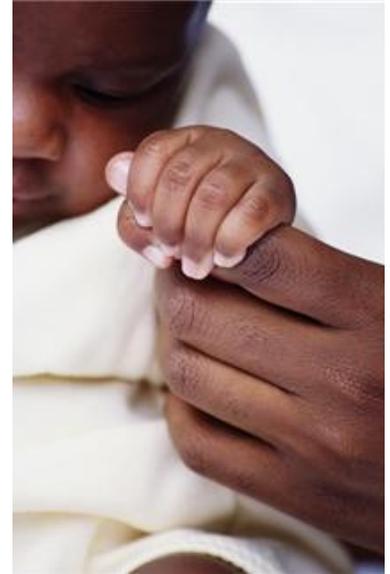
Did you know Blue Cross Blue Shield has a program designed especially for expectant mothers?

Having a baby? We want to help you protect your health and your baby's health. By signing up for the Special Beginnings program, you will get the help you need to care for yourself and your baby during pregnancy and six weeks after you give birth.

The Special Beginnings Program offers:

- Videos that cover topics such as healthy eating, stress, exercise and more
- Details about what you and your baby are going through during each week of pregnancy
- A list of screenings and vaccines to help you prepare for your doctor visits
- Support and advice from our nurses

Click [here](#) to learn more about the program and to get enrolled. If you have any other benefit-related questions, contact Flo Galaviz at 209-5053 or email fgalaviz@bryantx.gov.



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



Open Monday-Friday 8am-5pm
 (closed from noon-1pm)

**last patient accepted at 11:30am and 4:30pm daily, walk-ins accepted from 8-9:30am daily (acute illnesses only)*

Remember: all clinic closings are posted at http://www.bryantx.gov/wellness/?page_id=539

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 Ward
 Wellness Coordinator
 (979) 209-5050

lward@bryantx.gov
www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.