



WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 11

JULY 6, 2009

SPECIAL POINTS OF INTEREST:

- Texas Beef Council Wellness Seminar
- Weight Watchers At-Work Meetings

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CITY OF BRYAN WELLNESS SEMINAR:
"Mastering the Grill: Lean Beef in Lean Times"

Very limited seating remains!

Join Us!

Tuesday, July 28th
 Bryan Fire Station
 2052 W. Villa Maria Road
 Bryan, TX
 5:30-7:00 pm

Join Chef Tiffany Collins, Master of the Grill Russell Woodward and Registered Dietitian Stacy Bates of the Texas Beef Council and learn to grill lean beef cuts that fit your budget. Don't miss this educational session on lean beef cookery and nutrition! Seats are free but limited to the first 30 RSVP's. Dinner will be provided to all attendees afterwards. Please RSVP to Lesley Becker at lbecker@bryantx.gov or 979-209-5050.



Are you interested in At-Work Meetings?



Program includes:
 17 weeks of on-site meetings
 19 weeks of E-Tools Access
 Support from a Weight Watchers Team Leader and Group

Summer Special!

Cost is \$156.75

Payment may be paid in full by cash, check or charge, or by payroll deduction (three payments). Must have 20 participants to hold on-site meetings. Email lbecker@bryantx.gov if interested. Start date will be determined pending interest level.



HEALTHY LIFESTYLES 2010

The City of Bryan's Healthy Lifestyle Program offers employees discounted health premiums for participating in an annual Health Risk Assessment and Biometric Screening. Risk Management will be scheduling departmental meetings in July and August to discuss the program and to distribute assessment packets. Check with your supervisor to see when your meeting will be held!

On-site Screenings will be held on the following dates from 7-8am:

Oct. 14th—BTU Distribution	Oct. 27th—MSC (6:30am-8am)
Oct. 20th—BTU Admin (MOB)	Oct. 28th—Justice Center
Oct. 21st—MOB	Oct. 29th—Justice Center
Oct. 22nd—MOB	Nov. 2nd—MOB
Oct. 26th—MSC (6:30am-8am)	Nov. 4th & 5th—St. Joseph Express Clinic

- **Labs obtained from July 1-November 1, 2009 will be accepted.**
- **Blood pressure, blood glucose, and full lipid panel are required.**
- **You may have your screening done on-site, by your own physician or at St. Joseph's.**

COB Employees Participate in Health & Safety Expo

The 7th Annual Health & Safety Expo was held at the Brazos Center on June 11, 2009. Employees enjoyed a day of "casino-style" fun as well as being able to take advantage of free health screenings, gather great information and participate in the Backhoe Rodeo. This year the City of Bryan had 218 employees visit the Expo.

The American Red Cross hosted a blood drive the day of the Expo. Together with the City of College Station and Brazos County, we were able to collect 18 units of blood at the mobile blood drive that day exceeding our goal of 13! This will help save 54 lives!

Below are the winners of the COB Grand Prize (BBQ Grill) and the Backhoe Rodeo:

Grand Prize Winner: Eloise Huerta, Parks & Recreation

Backhoe Rodeo:

1st place: Brandon Waskow, COB Facility Services

2nd place: Craig Crabb, COB Water Services

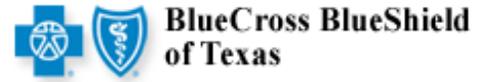
3rd place: Andrew Collins, COCS Water Services

If you have not picked up your Health & Safety T-shirt, please contact Lesley Becker in Risk Management at 209-5050.



Know Your Benefits

24/7 Nurseline



Blue Cross Blue Shield knows that some of your important medical questions come after the doctor's office has closed. That is why they offer the 24/7 nurseline which provides an around the clock connection to experienced registered nurses who understand and are familiar with your health care concerns. This program offers four areas of medical decision making which include medical concerns, major medical issues, chronic illness support and lifestyle change support. You may also access the audio health library by calling the nurseline. Here you can choose a topic from more than 1,200 pre-recorded health topics available in both English and Spanish. These services are available at no out-of-pocket expense to you. Call 1-866-412-8795 to access this service or access the number on the back of your BCBS ID card. *Note: This service is not a substitute for medical care.*

Try this Summer Recipe... Vegetable Salsa



Ingredients:

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced
- 2 green bell peppers, seeded and diced
- 4 tomatoes, diced
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar substitute
- 1/4 cup lime juice
- 1 teaspoon salt

Directions:

Wash vegetables and prepare as directed. In a large bowl, combine all of the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend. Serves 16.

Nutritional Analysis

Serving size: 1/2 cup

Calories	20	Cholesterol	0 mg
Protein	1 g	Sodium	150 mg
Carbohydrate	5 g	Fiber	1 g
Total fat	0 g	Potassium	174 mg
Saturated fat	0 g	Calcium	12 mg
Monounsaturated fat	0 g		

Source: www.mayoclinic.com

Take a Swing at it!

Register by Wednesday, July 8th!

What: City of Bryan Employee Golf Tournament

When: Saturday, July 25, 2009

Time: Twilight Tee Times (to be assigned)

Cost: \$35/golfer with Mulligans available for \$5.00

For more information, call David Hernandez, 209-5936



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

Copies of this newsletter are available in Risk Management.