



WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 12

AUGUST 6, 2009

SPECIAL POINTS OF INTEREST:

- **Healthy Lifestyles Assessment Schedule**
- **FREE Chronic Disease Management Program**

INSIDE THIS ISSUE:

- Are You Up For a Challenge? 2
- Golf Tourney Winners Announced 2
- Blood Drive Scheduled 2
- Know Your Benefits 3
- Employees Enjoy Grilling Seminar 3

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 is currently conducting meetings with each department to discuss the program and to distribute packets. If you have not received a packet, check with your supervisor to see when your departmental 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.**

Sick and Tired of Being Sick and Tired?



Take control and enroll in

LIVING WELL



A six-week program to help you improve your health-one step at a time.

Who can take part? Anyone living with a long-term health condition is welcome. Examples are diabetes, high blood pressure, heart disease, asthma, high cholesterol, MS or emphysema. Caretakers, family members and friends are also encouraged to attend. Classes will be held at the Bryan Public Library.

Upcoming Class Schedule

Tuesdays 9:00am-Noon Aug 25, Sept 1, 8, 15, 22, and 29

OR

Thursdays 5:30-8:30pm Aug 27, Sept 3, 10, 17, 24, and Oct 1

RSVP by calling Taffy Fulton at 979-458-4269 or email dsfulton@srph.tamhsc.edu.

Are you up for a challenge?



The City of Bryan is inviting any employee or family member interested in running a half or full marathon to join USA Fit Bryan/College Station. USA Fit is an award winning 26-week marathon and half marathon training program. This group will be training for the Austin Marathon to be held on February 14, 2010.

Anyone who wants to

challenge themselves, exercise and make new friends, increase their body strength and stamina, look and feel better, or simply get involved in a healthy lifestyle sport is urged to join. All levels of running experience are welcome. The cost to participate is \$100 for new members and includes Saturday morning group workouts, weekly seminars and training

schedules, running shirt, camaraderie and more!

Register Online or in Person:

August 22nd & 29th,
8:00am

Aerofit Health and
Fitness Center

4455 Carter Creek Pkwy
Bryan, Texas 77802

www.usafitbcs.com

Golf Tournament Winner Announced!



1st Place Golf Team: Sam Paradowski, Billy Ebner, Brandon Waskow and Danny Phillips.

Seven teams made up of City of Bryan and BTU employees participated in a golf tournament held July 25th at Bryan Municipal Golf Course. Players enjoyed an afternoon of friendly competition and braved the heat to battle it out for bragging rights! Goodie bags were given to each golfer compliments of AS&G

Claims Administration, Inc. along with door prizes donated by Traveler's Insurance, MSC OPAS, and McGriff, Seibels & Williams of Texas.

First place went to the team of Billy Ebner, Sam Paradowski, Brandon Waskow and Danny Phillips. Their team shot a sixty-two to claim first prize

and walk away the top trophy. Closest to the pin went to Bryan Police Department Employee, Jim Berndt. The longest drive was won by BTU Employee, Gary Miller.

Congratulations to all of our winners and a big thank you to all who participated in this fun event! We hope to make this an annual event!

City of Bryan to Host Blood Drive



Friday, August 28, 2009
Municipal Service Center
Training Room
10am-2pm

Call Lesley Becker at 209-5050 or email becker@bryantx.gov to schedule an appointment. Walk-ups welcome.

Know Your Benefits



The Texas Municipal Retirement System (TMR5) has a new look! If you have not logged on to use this valuable website, please take time to do so in the near future. The website contains an important announcement for both retirees and current employees. The website also has a function that allows users to request an estimate. It also includes printable versions of important forms related to your TMR5 account. If you logged onto the TMR5 website prior to June 12, 2009, you will need to re-register your account to access your existing My TMR5 Account.



Beat the Heat! Join a Local Gym

The City of Bryan offers employees the option of having gym memberships payroll deducted. Participating gyms include SNAP Fitness, Gold's Gym, Aerofit and Curve's. Contact Risk Management at 979-209-5055 for an enrollment form.

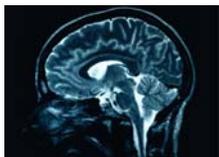
Employees Enjoy Grilling Seminar

A group of thirty City of Bryan Employees enjoyed an informative Wellness Seminar entitled "Mastering the Grill: Lean Beef in Lean Times" on the evening of July 28th. Chef Tiffany Collins, Master of the Grill Russell Woodward and Registered Dietitian Stacy Bates with the Texas Beef Council were in town to teach the group about beef

nutrition and how to cook with the twenty-nine lean cuts of beef. The seminar was held at Fire Station #5 and included various samplings and a NY Strip dinner for all attendees at the conclusion of the seminar. For more information on the Texas Beef Council and cooking tips, please visit their website at www.txbeef.org.



Fire Department Employees Christopher Lamb, Wilson Caddel, Aaron Pruitt and Chase Hughes pose with Russell Woodward and Tiffany Collins of the Texas Beef Council.



Texas Brain and Spine Institute to hold Alzheimer's Symposium

Thursday, September 3, 2009 from 5-7pm
George Bush Presidential Library & Conference Center

Registration is FREE and can be completed at www.txbsi.com/symposium

Topics: *signs and symptoms of dementia, prevention & risk factors, care for the caregivers.*

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.