



# WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 1

SEPTEMBER 9, 2009

## SPECIAL POINTS OF INTEREST:

- **Healthy Lifestyles Coming Up!**
- **Weight Watchers off to a great start!**

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## 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. Assessments must be completed on an annual basis and must be turned in by November 2, 2009. If you have not received your assessment packet, please contact Risk Management to get a packet. Don't miss out on the discounted health premiums effective January 1, 2010!

**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 St. Joseph's.**

## Weight Watchers At-Work Program Kicks Off!



The City of Bryan and Brazos County Employees recently began a Weight Watchers At-Work Meeting Series. The 17-week program includes a weekly meeting for participants led by a trained Weight Watchers staff member and 19 weeks of free E-tools. Meetings are hosted by the City of Bryan in the

Municipal Office Building Basement and at the Brazos County Health Department Classroom. All meetings are held on Thursdays from 11:45am-12:30pm. New class members are always welcome! If you are interested in participating, please contact Risk Management for more information.

# Yoga Seminar Scheduled



Are you interested in learning more about Yoga and all of the wellness benefits of it? Or would you like to see a demonstration to see if Yoga may be beneficial to you? Come hear all about this form of exercise given by representatives from Studio Yoga at an upcoming Wellness Seminar! There will be a short presentation followed by a demonstration.

**Tuesday, September 15, 2009  
1:00-2:00pm  
Municipal Office Building Basement**

Please RSVP to [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov) or call 209-5050 by September 11th.

**Call Risk Management to RSVP**

## September is Fruits and Veggies More Matters Month!

Everyone knows the importance of eating plenty of fruits and vegetables. You may not know that most produce travels hundreds of miles to get to your local supermarket. There are many opportunities to shop at local farmers' markets here in Bryan.

This will allow you to get the freshest produce available at a reasonable cost! Farmer's markets are held on Saturdays and Wednesdays all year long. Come hear all about our local markets and taste fresh produce at an upcoming Lunch N' Learn!

**Lunch N' Learn  
September 23rd  
Council Chambers  
Noon-1pm**



## Fitness Camp to begin September 9th!



Join Snap Fitness Trainer, Julie Stuhrenberg, for a fitness camp that is sure to make you sweat! The workouts will vary and will focus on three main areas:

cardiovascular fitness, strength and flexibility exercises. The camp will be a six-week program and will begin on **Wednesday, September 9th**. All workout sessions will

be held at the MSC from 5:15-6:00pm. Camps are a great way to get in shape while working out in a fun environment! Bring a co-worker and come try it!

# Know Your Benefits



Effective September 1, 2009 the City of Bryan will now offer coverage for smoking cessation aides as part of our prescription plan through CVS Caremark. This will include both over the counter and prescription drugs associated with smoking cessation. Talk with your healthcare provider to discuss a plan to kick the habit for good! You may also contact Caremark or Risk Management for more information about this benefit.

*The City of Bryan’s Employee Assistance Program, Deer Oaks, provides a monthly newsletter to all employees and dependents. The newsletter includes finance related articles, health and wellness news and various tips to help you at both home and work. You may access the newsletter by signing on to [www.deeroakseap.com](http://www.deeroakseap.com). Log in is cityofbryan and the password is cityofbryan. This is a great FREE resource for you to use!*



## Seasonal Flu Shots to be Offered Early

The City of Bryan will offer the seasonal influenza vaccine earlier this year than expected. The Center for Disease Control estimates that approximately 30,000 people die from the seasonal flu each year. And, while the severity of the flu season is unknown at this time, vaccination remains the single best way to protect yourself against any strain of the flu. Seasonal vaccines will be FREE for City of Bryan Employees and \$25.00 for dependents (age 4 and up).

### Seasonal Flu Vaccination Clinics

- Thursday, September 10th 7:30-8:30am BTU Distribution
- Monday, September 14th 7-8am @ the Municipal Service Center
- Tuesday, September 15th 4-5pm @ the Municipal Office Building
- Friday, September 18th 9:30-10:30am @ BTU Admin. Break Room

Flu vaccines will also be offered at St. Joseph Occupational Health Center (2010 E. Villa Maria) and during on-site health assessments.



## “How to Get the Most out of Your Doctor Visit”

**FREE Workshop hosted by the Area Agency on Aging**

Center for Regional Services– 3991 East 29th St.  
September 18th from 11:00-1:00pm

Lunch will be provided

RSVP by calling 979-595-2800 ext 2024

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.