



WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 2

OCTOBER 1, 2009

SPECIAL POINTS OF INTEREST:

- Health Assessments
- Flu Education Seminars Scheduled

INSIDE THIS ISSUE:

October is Breast Cancer Awareness Month	2
2009 Start! Heart Walk	2
Diabetes Classes Offered	2
Know Your Benefits	3
Healthy Halloween Tips	3

HEALTHY LIFESTYLES 2010

Packets due by November 2nd!

Risk Management will be conducting on-site health assessments this month. Employees may also have the annual assessment completed through a personal physician. All assessments must be completed and returned to Risk Management or St. Joseph Occupational Health Services by November 2, 2009. Don't miss out on the opportunity to receive discounted health premiums beginning January 1, 2010. If you have not received your packet or have questions regarding the assessment process, please contact Lesley Becker at 209-5050 or lbecker@bryantx.gov.

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.

Flu Education Classes Offered to Employees

Flu season is upon us! In addition to the regular monthly safety meetings, Risk Management will be hosting several Influenza Education Classes for employees. Prevention methods, treatment options, and caring for those with the flu are among the topics that will be discussed. Please

try to attend one of the scheduled sessions to get the latest information on the flu from the Center for Disease Control (CDC) and the Texas Department of State Health Services (DSHS). You may also log on to www.texasflu.org for flu information.

Scheduled Education Sessions

- Oct. 2nd, 8:30am CS Library
- Oct. 5th, 8am Bryan Library
- Oct. 5th, 9am Justice Center
- Oct. 5th, 4pm Horizon Bldg.
- Oct. 6th, 7 & 8am-MSC
- Oct. 7th, 6pm Justice Center
- Oct. 8th, 8:15 & 9am MOB
- Oct. 8th, 10:30am Golf Course
- Oct. 9th, 7:30am MSC
- Oct. 21st, 9am BTU Distribution
- Others TBA



October is Breast Cancer Awareness Month

Chances are that you know someone who has been affected by breast cancer. You may have even had to deal with it yourself. In 2009, the American Cancer society estimated that about 192,000 new cases of breast cancer would be diagnosed. With October being designated as

Breast Cancer Awareness Month, the City of Bryan will host an employee Lunch N' Learn to discuss causes, risk factors and prevention of breast cancer. Amber Reed, Certified Oncology and Breast Cancer Nurse will be on hand to discuss this issue and answer related questions.

Lunch N' Learn
Thursday, October 8th
Noon-1pm
MOB Basement
Lunch Provided
Speaker: Amber Reed
Certified Oncology and
Breast Cancer Nurse

Please RSVP to Lesley Becker
 at 209-5050 or
 lbecker@bryantx.gov by
 Tuesday, October 6th.
Seating is limited.



2009 Heart Walk Scheduled

Heart disease and stroke are the No. 1 and No. 3 killers of Americans and together they claim about 870,000 lives each year. The American Heart Association supports research, education and advocacy to help treat and prevent these diseases and help people live a longer, healthier life. Come join the City of Bryan at the 2009 Heart Walk to help show your support for the American Heart Association!

Bryan/College Station Start! Heart Walk

Saturday, October 24, 2009 @ 8am

Texas A&M University

For more information or to donate to the American Heart Association, visit the walk website: www.brazoscountyheartwalk.org

Diabetes Classes for Adults with Type 2 Diabetes

Mondays, October 5, 12, 19, 26, November 2, 2009

6:00-9:00pm

B-CS Community Health Center

3370 South Texas Avenue

Bryan, Texas



Caregivers are also welcome. Class fee is \$10.00 with vouchers available in Risk Management for City of Bryan Employees and Dependents. Please call 979-823-0129 to pre-register.



Know Your Benefits



National Save for Retirement Week

October 19-23rd, 2009

Risk Management will host a variety of educational sessions including debt management, social security and retirement planning.

Benefits Fair will also be offered!

October 22nd from 9am-1:30pm at the Justice Center and from 2:30pm-4:30pm at the MSC

The ExtaCare®Health Card is a program offered through CVS Caremark that gives you a 20 percent savings on CVS brand health related items that are flexible spending account eligible. For more information, contact Flo Garcia at 979-209-5053 or fgarcia@bryantx.gov



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. Log in is cityofbryan and the password is cityofbryan. This is a great FREE resource for you to use!

Healthy Halloween Tips for Little Ghouls

- Offer a filling meal before heading out to trick or treat so they won't be tempted to eat as much candy.
- Consider buying Halloween treats other than candy such as dried fruit, raisins, stickers, or pencils.
- Limit the amount of candy your child eats instead of leaving it out in big bags or bowls.



Source: www.kidshealth.org

It's not too late to join our Weight Watchers At-Work Program!

Contact Risk Management for more information and get started on your weight loss journey today!



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.