



WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 5

JANUARY 4, 2010

SPECIAL POINTS OF INTEREST:

- **Weight Watchers At-Work Series**
- **Blood Drive Scheduled**

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Melt Away the Holiday Pounds



Join our Weight Watchers At-Work Meeting Series!
Registration/Informational Meeting
Thursday, January 7, 2010

noon-1pm

Brazos County Health Department
Classroom

Cost of the 17-Week Series is \$186.00 and includes
19 weeks of E-tools!

(COB Employees may have the fee payroll deducted)

All other meetings will be held at noon on Thursdays at the City of Bryan Municipal Building or Health Department. Contact Lesley Becker at lbecker@bryantx.gov or Sara Mendez at smendez@co.brazos.tx.us if you have any questions. We must have 20 members to begin the series. All City of Bryan and Brazos County employees are welcome to attend the At-Work Series.

SAVE THE DATE!

CITY OF BRYAN TO HOST BLOOD DRIVE

Start the New Year off right by donating blood at the upcoming City of Bryan blood drive. Only 38% of Americans are eligible to donate and out of those, only 8% actually do. The nation's blood supply is continuously needing to be replenished and your single donation could potentially save up to three lives!



FRIDAY, FEBRUARY 12TH
10AM-2PM

MSC TRAINING ROOM

Call Lesley Becker at 209-5050 or email
lbecker@bryantx.gov today to reserve your spot!

January is Glaucoma Awareness Month



Glaucoma is a group of eye disorders that cause damage to the optic nerve and can eventually lead to blindness. In early stages of the disease, there are often no symptoms. Experts estimate that half of those with glaucoma do not know they have it. Elevated eye pressure is one of the known risk

factors of glaucoma. Listed below are a few of the other factors that may put you at higher risk:

- **People over the age of 60.** You are six times more likely to develop glaucoma if you are over 60.
- **Being African American.** Glaucoma is the leading cause of

blindness in African Americans and it is six to eight times more likely among African Americans.

- **Family history of Glaucoma.** The most common type of glaucoma is hereditary.

For more information about glaucoma, please visit www.glaucoma.org or call (800) 826-6693.

Super Easy Tortilla Soup Recipe

Try this version of chicken tortilla soup that is easy, delicious and will keep you warm on a cold winter's day! To make it even quicker, use crumbled baked tortilla chips in place of the homemade tortilla strips and skip steps 1-2. Serves 6.



Ingredients

- 8 corn tortillas, halved and thinly sliced
- Canola or olive oil cooking spray
- 1 tablespoon canola oil
- 2 poblano peppers, diced
- 1 medium onion diced
- 1 teaspoon ground cumin
- 1 pound boneless chicken, trimmed and cut into 1 inch pieces
- 4 cups reduced-sodium chicken broth
- 1 14-ounce can diced tomatoes with green chiles
- 2 tablespoons lime juice
- 1/2 cup low-fat shredded cheese
- 1/4 cup chopped cilantro

Preparation

1. Preheat oven to 400° F.
2. Spread tortilla strips in an even layer on a baking sheet with cooking spray. Bake until browned and crispy.
3. Meanwhile, heat oil in a large saucepan over medium heat. Add peppers and cook, stirring until the onion begins to soften (about 3-5 minutes). Add cumin and cook, stirring, for 1 minute. Add chicken, broth, tomatoes and their juice. Bring to a boil, reduce heat and simmer until the chicken is cooked through, 12-15 minutes. Remove from the heat and stir in lime juice. Serve each portion with some of the baked tortilla strips, low-fat cheddar cheese and cilantro.

Source: www.eatingwell.com

Know Your Benefits



Get Fit in the New Year!

In an effort to minimize health care costs and to promote wellness, the City of Bryan offers discounted fitness memberships to several local gyms. Take advantage of this great offer by signing up in 2010. Many of the gyms have individual and family packages! Membership forms are available on the Risk Management Website or in the Risk Management Office. Fees are eligible to be payroll deducted.



Worried about Getting H1N1? Get Vaccinated!



The Brazos County Health Department will continue to offer FREE H1N1 Vaccinations while supplies last. Please log on to www.texasflu.org for more information about the vaccine. You may also check with your personal physician or a local pharmacy for vaccine availability,

Clinic hours are as follows:

- Mondays: 8:30-11:30am
- Tuesdays: 9-10am (adults only), 2-5:30pm
- Wednesdays: 8:30am-12:30pm
- Thursdays: none
- Fridays: 10am-noon

*The Brazos County Health Department is located at:
201 North Texas Avenue
Bryan, Texas
979-361-4440*



*Have a
Happy,
Healthy and
Prosperous
New Year!*

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.