



WORKSITE WELLNESS NEWS

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SPECIAL POINTS OF INTEREST:

- **COB Employee to Share Story**
- **Take a Grocery Store Tour!**

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February is American Heart Month

Heart disease, stroke and other types of cardiovascular diseases affect everyone. They may affect you personally, a loved one, friend or co-worker. Heart disease remains America's No. 1 killer and in recognition of American Heart Month, the City of Bryan will host an employee wellness seminar covering this topic. Representatives from St. Joseph Cardiac Rehabilitation Department will discuss heart health and we will hear from one of our very own "heart disease survivors." City of Bryan Facility Services employee, Johnny Martinez, will share his personal story and how warning signs should not be ignored.

Heart Health Seminar
Tuesday, February 23rd
2:45-3:45pm
MOB Basement
Reserve your seat by calling
209-5050 or email
lbecker@bryantx.gov



Be a Smart Shopper!



You are invited on a grocery store tour hosted by the City of Bryan's Wellness Program and Registered Dietitian Michelle Dohrman

You will learn all about choosing the right foods when shopping, how to read labels correctly, and what to stay away from while strolling the aisles!

**Wednesday, February 3rd OR Wednesday, February 10th
11am-12pm**

HEB on Villa Maria (Tejas Center)

Tour group sizes will be limited to 15 employees. RSVP today by calling 209-5050 or email lbecker@bryantx.gov



Go Red for Women!

Be a part of the City of Bryan "Go Red" events as we raise money to support the American Heart Association.

**Donate \$5 to the AHA, and wear JEANS
on Thursday, February 4th**

(donations can be dropped off in Risk Management)

Who will have to wear the RED DRESS?

Joey Dunn, Hugh Walker, Cody Cravatt or Howard Hart?

Put your money in one of the collection jars located in Executive, Risk Management, or at the MSC. The loser will have to sport a Red Dress! Join the fun and the fight against heart disease as we raise money for the American Heart Association!



Walk Across Texas Kicks off this Month!

What? Walk Across Texas is a FREE eight-week physical activity program that was created by the Texas AgriLife Extension Service to help Texans establish the habit of regular physical activity. The goal is to walk 830 miles across the state. Of course, participants can also get from El Paso to Orange by jogging, swimming, biking, roller blading and using cardio machines at the gym. Even dancing and gardening count. Visit www.brazoswat.com to check out the fun!

When? February 13th– April 10th

How? Participants form teams of up to eight people and keep track of their physical activity for an eight-week period. Each team will have a captain who is responsible for logging each team member's amount of activity into the Walk Across Texas! website. The goal is for the team to collectively log at least 830 miles.

If you would like to form a team or be placed on a team, please contact Lesley Becker at lbecker@bryantx.gov or 979-209-5050.

Kick Off Event
Saturday, February 13, 2010
10:00 a.m. – 11:00 a.m.
Post Oak Mall (by JC Penney)
College Station
All team members are invited.
You will log your first mile!



Know Your Benefits

Are You on Routine Medications?



CVS Caremark who administers the City of Bryan’s prescription benefit plan offers mail order pharmacy services. Using the mail order pharmacy will allow you to:

- Receive up to a 90-day supply of your medication.
- Have your medication delivered to you.
- Speak to a registered pharmacist 24 hours a day, seven days a week.
- Ask-A-Pharmacist your questions on www.Caremark.com
- Order the fastest prescription refills online or by phone anytime, day or night.

For more information about this service visit www.caremark.com or contact Risk Management.

Save a life....Donate Blood

The City of Bryan will host an employee blood drive on **February 12, 2010**. The drive will be held in the Municipal Service Center Training Room from 10am-2pm. The American Red Cross will be conducting the drive and both appointments and walk-ins are welcomed. You may reserve a spot by contacting Risk Management. Your single donation can save up to three lives!



Interested in Martial Arts?

If you or a family member is interested in participating in classes and trying two free introductory classes, please call Lesley Becker at 209-5050 or Elbert Moore at 209-5935 for a coupon.

Join our next Fitness Camp!

Try a free session on Monday, February 1st at 5:15pm-MSC!



MAP IT OUT!

Log on to the following website and get on the path to fitness success. The website provides a mapping tool and will allow you to create a walking, biking or running route in your area.

www.prevention.com/mywalkingmaps/main1.html

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.