



WORKSITE WELLNESS NEWS

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SPECIAL POINTS OF INTEREST:

- **Upcoming Diabetes Class**
- **Walk Across Texas in Full Swing!**

INSIDE THIS ISSUE:

- Employee Makes Healthy Lifestyle 2
- Workplace Eye Safety 2
- Employees Tour HEB 2
- Know Your Benefits 3
- Employee Completes Marathon 3

Diabetes Education Class to be Offered *For adults with Type 2 Diabetes*

The Brazos Do Well, Be Well with Diabetes Coalition of the Texas Agrilife Extension Service will host a four-week long class aimed at educating adults with Type 2 Diabetes. Lessons will include four nutrition topics and five self-care topics to help manage diabetes. The class is also open to caretakers, family members or friends of those with Type 2 Diabetes.



Thursdays, April 8, 15, 22, 29 and May 6, 2010
6:00-9:00pm
B-CS Community Health Center
3370 South Texas Avenue
Bryan, Texas

Preregister by calling the Texas AgriLife Extension Service at 979-823-0129 by April 1, 2010. The cost of the class is \$15 and vouchers can be picked up in Risk Management.

Walk Across Texas Recharge Event!

Walk Across Texas kicked off last month in Brazos County. Teams should be well on their way to walking, biking, swimming or running the 830 miles from El Paso to Orange. In order to keep the momentum going, a "Recharge Event" will be held on Saturday, March 6th at Sue Haswell Park. Come out and enjoy old-fashioned Field Day Events as we RECHARGE and finish our trek across Texas!



Recharge Event
Saturday, March 6, 2010
Sue Haswell Park
10-11am
All team members invited.
Door prizes will be given!

Employee Adopts Healthy Lifestyle



City of Bryan employee, David Juarez-Castillo, recently took control of his life and is not only making a difference in his own life but also the lives of his co-workers. After seeing his doctor concerning diabetes, he has lost 50 pounds over the last four months. David attended classes to learn an appropriate

diabetic diet and has eliminated “junk food” from his diet. In addition to diet modifications, he now rides his bike with his children several times per week. Co-worker at the Larry J. Ringer Library, Debbie Calloway, says that “David’s enthusiasm is delightful and is an inspiration in the way

that he is improving his health through a lifestyle change in healthy eating and exercise.” David is hopeful that gaining control of his diabetes by incorporating a healthy diet and more exercise into his life, will someday allow him to stop taking various medications. Kudos to David for his healthy lifestyle change!

Keep Your Eye on Safety!

March is Workplace Eye Safety Month

Did you know that more than 2,000 people injure their eyes at work each day? Between 10-20% of those injuries will cause temporary or permanent vision loss. Take proper precautions in your work area to protect your eyes!

Common Causes for Eye Injuries:

- Flying objects (metal, glass)
- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards



City of Bryan Employees Tour HEB

Two groups of City of Bryan employees had the chance to tour a local grocery store while learning healthy information as well. St. Joseph’s Registered Dietitian, Michelle Dohrman, took the groups to various departments throughout

the Bryan HEB pointing out what to look for, steer clear of and how to read food labels correctly. Participants had the opportunity to ask questions, get recommendations on certain foods and even got to taste some of HEB’s products. Store

Manager, Rich White, also accompanied the tour group. He answered questions about the HEB chain of stores, shared a “behind the scenes” look at the Villa Maria store and provided the samples that were enjoyed by all! Thank you to all who participated!

Know Your Benefits

You have a Friend in Deer Oaks EAP

Join their weekly on-line chat and talk to others who are experiencing some of the same things you may be going through. The chats are held on the third Wednesday of each month from 12:15pm to 12:45pm CST. Log on to www.deeroaks.com to join. The login and password are *cityofbryan*.



Here are just a few of the topics coming up:

- March 17th- "Homecoming: The Deployment Experience"
- April 21st- "When East Meets West: Blended Families"
- May 19th- "I'm Rubber, You Are Glue: Dealing with Emotional Bullies"

For a complete list of the 2010 topics, visit the Deer Oak Online Chat Web Page.

COB EMPLOYEE COMPLETES MARATHON

City of Bryan employee, Dale Picha, celebrated Valentine's Day by completing the Austin Marathon. It took Dale just over 5 hours (5:20) to complete the 26.2 mile course which takes participants through some of Austin's most scenic and hilly areas. This was Dale's fifth Austin marathon to

complete and his Personal Record is 4:53. He spent the last six months training with a group of about 10 runners as part of a local USA Fit Program, which is a marathon and half marathon training program group. The program involves following a week by week training schedule, slowly increasing the running mileage each

week. The group met on Saturday mornings for their long runs. In addition to being a participant, Dale also served as a pace group coach for the USA Fit organization. Make sure you give Dale a pat on the back the next time you see him and congratulate him on his accomplishment!



For more information on USA Fit, visit www.usafitbryan.com



Save the Date!
Health & Safety
Expo 2010
May 6, 2010
10am-3pm

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:

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Copies of this newsletter are available in Risk Management.