

St. Joseph

If you would like to participate or have further questions:

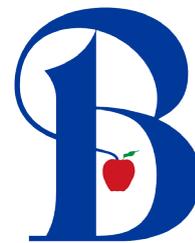
Call or email Jessica Cargill:

979-774-2107

jcargill@st-joseph.org

2100 E. Villa Maria, Suite 101
Bryan, TX 77802

City of Bryan **Work on** **Wellness**



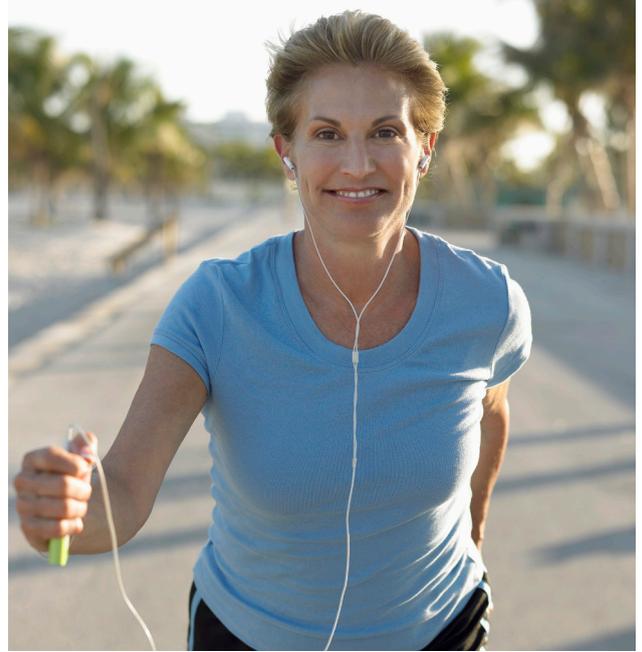
CITY OF BRYAN
Healthy Lifestyles



An Invitation to Wellness

The City of Bryan and St. Joseph Health System invite you to get and stay healthy in 2014. We are partnering to offer a wellness program that will be customized to help you meet your *get healthy goals*. The program is free and requires your time commitment and willingness to participate in sessions led by health and wellness professionals.

- Who** City of Bryan employees and beneficiaries who want to lose weight, manage their high blood pressure, decrease their triglycerides, and/or control their diabetes
- What** A 6 month wellness program that begins with 6 weekly wellness sessions followed by 4 months of Health Coach support.
- When** Classes begin April 7th, 2014 and will be held every Monday for 6 weeks from 4:00-5:00.
- Where** City of Bryan Municipal Office Building
300 South Texas Ave.
Basement Training Room
- Why** To be a better YOU



- Week 1** *Biometric Screening, Health Risk Assessment, Wellness apps for smart phones, tablets, and PCs*
- Week 2** *Nutrition*
- Week 3** *Exercise*
- Week 4** *Understanding Chronic Disease and Medication Management*
- Week 5** *Nutrition*
- Week 6** *Revisiting Goal Setting and Using Technology*