



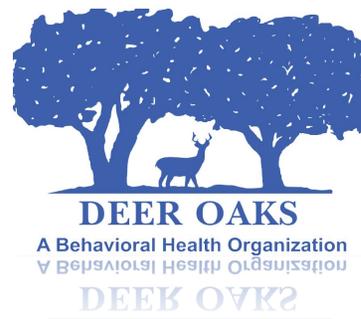
HEALTHIER ME Contestant Statistics

- Total Weight Loss: 724.5 lbs
- BMI Average Improvement: 9.76%
- LDL Cholesterol Improvement: 13.71%
- A1C Average Improvement: 9.56%
- Blood Pressure Improvement: 6.30%



MEET THERESA COLLAZO, HEALTHIER ME CHAMPION 2014

And the winner is...Theresa Collazo! Terry has battled adverse health conditions from an early age and has been diagnosed with high blood pressure and diabetes. At only 16 years old, Terry developed rheumatoid arthritis and has a family history riddled with unfavorable medical conditions. In only 10 weeks, Theresa was able to lose 25.5 lbs, reduce her blood pressure by 30.12%, and improve her body mass index by 16.45%!



Deer Oaks Employee Assistance Programs

Feeling stressed out? In need of financial or legal advice? Or do you just need someone to talk to? Contact Deer Oaks Employee Assistance. All CoSA employees and their family members have access to more than 50,00 trained specialists **FREE** of charge.

Deer Oaks Contact Info:

eap@deeroaks.com
www.deeroaks.com
1-866-327-2400

Web interface login:

Username: cosa
Password: cosa



LIKE HEALTH MILES? HOW ABOUT 250?

Register for the Siclovía 5K to be eligible for 250 health miles:

- Go to siclovía.org to register (\$35.00 fee)
- Enter in your information and select City of San Antonio as your team name and hit continue
- On the next screen enter in your SAP # under the employee ID field to qualify for health miles



BACK TO SCHOOL SACK LUNCH SNACKS

- Dried fruit
- Sliced apples
- Low fat granola
- Baby carrots
- Whole grain, low sugar cereal
- Low fat yogurt
- Low fat string cheese
- Unsweetened applesauce
- Whole grain rice cakes
- Chunk light or albacore tuna
- Peanut butter
- Whole grain crackers
- Raw tree nuts (almonds or walnuts)

Training is pulling out ALL the stops with **NEW** and **EXCITING** courses. Even our existing courses will have a new and **REFRESHING** feel. Here's just a few:

Technical Highlights:

- MS Project, Levels I & II
- ITIL Foundation
- Adobe Indesign
- Adobe Photoshop
- Prezi
- Access I, II, III
- Excel Levels I, II, III
- Supervisory/Managerial Highlights**
- Hershey's Situational Leadership
- Team Stages & Dynamics

Professional Highlights:

- Business Writing with a Focus on Grammar
- Take Charge of Your Development
- Positive Power & Influence
- Valuing Diversity
- Team Dynamics: Building Better Teams (Tuckman)

Languages & Trade

- GED – a shorter program CDL
- Business Writing Introduction (Grammar Focus)

got a flex account?

A Flexible Spending Account (FSA) has a "use it or lose it" policy. Anything you don't spend by 12/31/14 will be forfeited.



For more information on flex spending accounts, please visit Healthcare.gov or contact your employee benefits specialist.



Employee Wellness CONTACT INFO:

210-207-WELL

wellness@sanantonio.gov

For more courses and descriptions, visit the CoSA Training website to view the training calendar today