



AlamoWELL

The Employee Wellness Program

October 2018

WELLNESS CONTACTS

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Upcoming Wellness Lunch 'N Learns

Sign up today in AlamoTalent!

Nutrition

Need help making the right choices when it comes to eating? These sessions can help you achieve a more balanced eating pattern.

Date	Start Time	End Time	Location	Topic	Presenters
10/4	12:00 p.m.	1:00 p.m.	Houston St.	Emerging Nutrition Trends	San Antonio Food Bank
10/5	12:00 p.m.	1:00 p.m.	Houston St.	Managing Weight	Angela Garcia RDN, LD
10/17	12:00 p.m.	1:00 p.m.	Houston St.	Connection Between Stress and Eating	Carmen Arnoni, Jr, CHES

Physical Activity

This session focuses on the importance of physical activity, how much is needed, and methods to stay motivated.

Date	Start Time	End Time	Location	Topic	Presenters
10/10	12:00 p.m.	1:00 p.m.	Houston St.	How to Make the Rest of Your Life the Best of Your Life	Carmen Arnoni, Jr, CHES

Sleep

Having trouble falling asleep or not getting enough sleep? These sessions can help you improve your sleep hygiene.

Date	Start Time	End Time	Location	Topic	Presenters
10/12	12:00 p.m.	1:00 p.m.	Sheridan St.	Sleep Disorders	Patrick Brown, MD
10/19	12:00 p.m.	1:00 p.m.	Houston St.	Sleep: Helping to Sharpen the Saw	Gilbert Ruiz, MD
10/24	12:00 p.m.	1:00 p.m.	Houston St.	Preparing for Sleep	Carmen Arnoni, Jr, CHES

October is Domestic Violence Awareness Month

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. For more information, please visit: <https://ncadv.org/take-action>