

## Employee Benefits Health Education Series

APRIL 2009

### April Addiction and Depression Awareness Presentation



When: Thursday, April 16, 2009  
Time: 11:00—12:00 p.m.  
Location: City Hall  
City Commission Room—3rd Floor



**TO: All Employees**

**Our mission is to promote health awareness and to encourage healthy lifestyles**

**Agenda:**  
**Conditions**  
**Types and Symptoms**  
**Treatment**  
**Risk Factors**

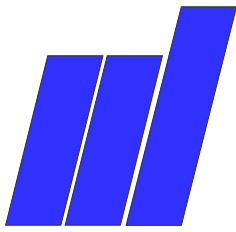
**On behalf of the Benefits Department and in conjunction with, South Texas Behavior Hospital, we will offer the venue of a wellness experience.**

**We realize our employees are always looking for unique and inspiring educational health networking and that's where we come in. As health care expenses continue to increase, it is important to focus on strategies that reduce the prevalence and cost of preventable diseases. Our efforts are designed to encourage our employees to become more aware of risk factors that are adversely affecting their health and productivity.**

**Employees will receive health tips to take home and a plan for taking better care of themselves. Just imagine an incentive reward and a wellness event all in one.**

**Please make plans to attend.**

**For more information, please contact the Benefits Office at 681-1400.**



## *Employee Benefits Health*

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### March is National Nutrition Month

To promote health awareness and to encourage healthy lifestyles the Employee Benefits Department and in conjunction with the

#### **Doctor's Hospital at Renaissance**

Will offer an educational seminar for all Employees.

When: March 17, 2009

Time: 10:45 a.m. - 11:45 a.m.

Location: City Commissioners Room  
(City Hall 3<sup>rd</sup> floor)

#### Agenda

Speaker

Q&A

Speaker

Q&A



For more information contact the Benefits Dept. at 681-1400