

November 2016

Employee Wellness Website
www.tucsonaz.gov/wellness

Live Well, Be Well

Employee Wellness E-News



City of Tucson



Maintain Don't Gain

Holiday Challenge



Weigh-in the week before Thanksgiving, then weigh-out after the New Year

Maintain your weight 2 pounds +/- and receive a \$25 Premier Rewards card



Additional raffle chances to increase winnings to a Fitbit Charge or \$50 Premier Rewards Card

Upcoming events:

- December 28th
Blood Drive at TOPSC

Weight Watchers @ Work

City Hall
255 W. Alameda St.
1st Fl. Conference Room

Thursday Nov 17-Feb 16
12:00pm- 1:00pm

(All subsequent sessions will be on Thursdays)

City Employees who attend 10 out of 12 sessions only pay the discounted price of \$78.00 (\$6.50 a week)

Attend 11 sessions and get \$156 credit towards the next 12 week series.*

Online Tools and APP now included in the low price**

Registration is on November 17th checks accepted

* Visit www.tucsonaz.gov/wellness for qualifying details

Date and Time	Weigh-In Location
Monday November 14th 8:15am-11:15 am	Thomas O. Price Service Center (Bldg. 1, Rm.3) 4004 S. Park Ave.
Tuesday November 15th 8:15 am-11:15 am	City Hall (1st Floor Rm.) 255 W. Alameda St.
Tuesday November 15th 1:00 pm- 4:00 pm	TPD West (Rillito Rm.) 1310 W. Miracle Mile
Wednesday November 16th 9:00 am- 12:00 pm	Randolph Recreation Center (Bldg. 1, Rm 4) 200 S. Alvernon Way
Thursday November 17th 2:00 pm- 4:00 pm	Community Housing & Development 310 N Commerce Park Loop (Pantano Rm.)
Date and Time	Weigh-Out Location
Monday January 9th 8:15am-11:15 am	Thomas O. Price Service Center (Bldg. 1, Rm.3) 4004 S. Park Ave.
Tuesday January 10th 8:15 am-11:15 am	City Hall (1st Floor Rm.) 255 W. Alameda St.
Tuesday January 10th 1:00 pm- 4:00 pm	TPD West (Rillito Rm.) 1310 W. Miracle Mile
Thursday January 12th 9:00 am- 12:00 pm	Randolph Recreation Center (Bldg. 1, Rm 4) 200 S. Alvernon Way
Thursday January 12th 2:00 pm- 4:00 pm	Community Housing & Development 310 N Commerce Park Loop (Pantano Rm.)

Blood Drive Schedule

Questions? Contact

Raquel Downs

11/29/16

City Hall, 1st Fl., 255 W. Alameda St.

8:00am-1:00pm

Cigna Well-Being Coordinator

12/28/16

TOPSC, Upper Level Parking Lot, 4004 S. Park Ave.

1:00pm-5:00pm

520-528-5661

Schedule your appointment @ 1-800- REDCROSS or www.redcrossblood.org

Raquel.Downs@cigna.com



Pre-register here www.redcrossblood.org/RapidPass



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