

APRIL 2014

City of Casper
Stall Talk
STOP STRESSING Month!



ARE YOU AT RISK FOR METABOLIC SYNDROME?



If you have 3 of the 5 conditions below, you may be at risk.

- Large waistline or have an apple shape.
- High triglycerides (over 150).
- Low HDL cholesterol, *good cholesterol* (<40 in men & <50 in women).
- High blood pressure (over 120/80).
- High fasting blood sugar (over 100 mg/dL)

Not sure what your numbers are?

If you have CNIC, get ready for the Annual Blood Draw the end of July!
You can begin signing up July 1st.
Details coming soon.



TAKE A LOOK

Wyoming Retirement System Statements will be distributed to your work group the first week of April.

Make sure your address & beneficiaries are up to date!

To make updates, log onto:
www.retirement.state.wy.us

& look for the forms tab to print beneficiary or address change form.

Contact x344 for more information.



Employee YOGA Classes



Relax~

The City's Wellness Program is paying for full time & part time employees to attend yoga classes at the **Rec Center** in April. You can go as many times as you want, *no limit!*

All you have to do is:

- Go to the Rec Center front desk.
- Tell the staff you are a City employee & you want to go to yoga.
- *If you have your City name badge bring it!*

Hatha Yoga:

Tuesday & Thursday, 12-1pm
Tuesday evening, 5:30-6:30 pm

Power Yoga:

Thursday, 5:30-6:30 pm.



Call the Rec Center, 235-8383 for questions.



DON'T STRESS!

Contact
Three Trails EFAP

307-237-5750



THREE TRAILS EFAP

RightDirectionForMe.com

HEALTH TALKS

APRIL 17:

BENEFITS OF MASSAGE THERAPY WITH KRISTIANA JOURGENSEN, C.M.T.

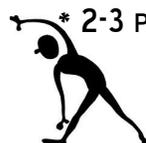
* 12-1 PM, COUNCIL CHAMBERS



APRIL 30:

TRAINING FOR THE POLICE FITNESS TEST IN JUNE 2014 (ROUND 2) WITH DALTON POWERS, CSCS.

* 2-3 PM, COUNCIL CHAMBERS (*NOTE TIME)



SIGN UP THROUGH WOTC.