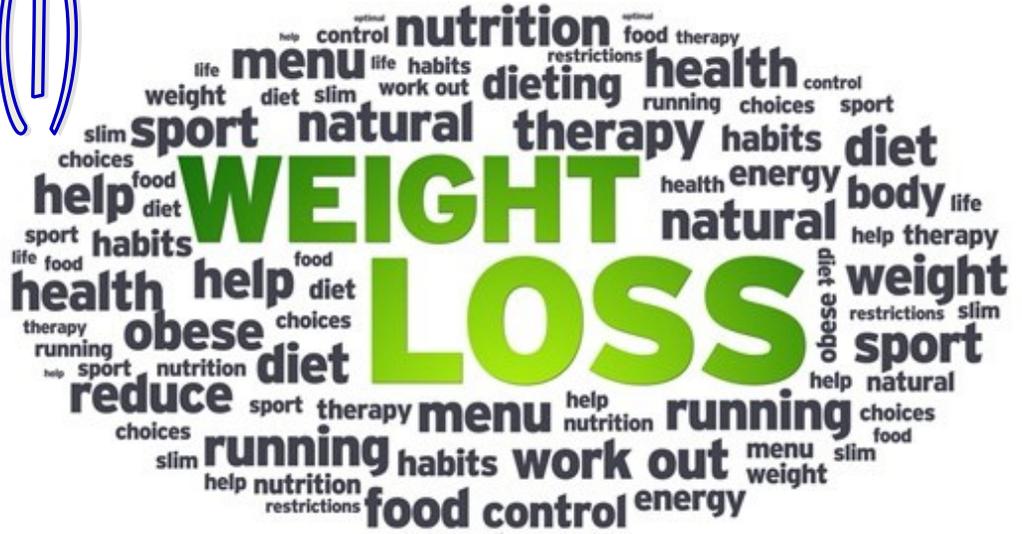


January 2014 (1)

City of Casper Healthy Stall Talk



CENT\$IBLE NUTRITION REAL FOOD Nutrition Class



Jan. 16-Feb 13, 2014
Thursdays 5:30-7:00 pm

The first 5 employees who sign up & pay \$35 will be reimbursed the full amt. if they attend 4 of the 5 classes!

To register call Karla Case, RD 235-9400



Ask a co-worker one accomplishment they made in 2013 & share one of your own!

HEALTH TALK

Stress!!! Learn Coping Strategies
with EFAP Counselor
Christy Jindrick-Tholl

- Jan. 16, 12-1 pm
- Council Chambers Room
- Sign up through WOTC

LUNCH WILL NOT BE SERVED
BRING YOUR OWN LUNCH.



Are your health claims not being paid timely? Call CNIC, 1-877-321-4412.



CNIC may need more info from you before they can pay.

STREP THROAT

A bacterial throat infection that makes your throat feel sore & scratchy.

of diagnoses on the City's Health Plan:

In 2012: 68 cases

In 2013: 98 cases

Strep Throat is contagious:

- * Sneezing
- * Coughing
- * Shaking hands
- * Touching face/eyes with infected hands
- * Close contact with infected people

Prevention tips:

- ⇒ Washing hands often
- ⇒ Don't share toothbrushes, eating utensils or cups
- ⇒ Eat well & exercise
- ⇒ Get plenty of sleep

