

June 2014

City of Casper

Stall Talk

Get Up & Move Month!



WELLNESS WALKABOUT

Walk your way to better health!
June 16–August 10, 2014



- * Walk 30 or more minutes daily for 8 weeks.
- * Experience different-health-themed campaigns.
- * Learn how to fit walking into *your* lifestyle!
- * Try to win a gift certificate to Bush-Wells.
- * Have FUN!



Open to employees & immediate family members!
Check out the flyer above for more details!



City of Casper employees can get significant savings on hearing aids.

Employees that have elected VSP vision coverage also have access to the TruHearing program which is exclusive and not available to the general public.

Customers save an average of \$890 per hearing aid when they buy through TruHearing.

Through TruHearing you have access to:

- Up to \$1,300 off retail hearing aid prices
- Over 100 different hearing aid models from 5 leading manufacturers to choose from
- 48 free batteries per aid
- 45-day money back guarantee & 3 year manufacturer's warranty

TruHearing has a location in Casper and over 3,100 nationwide. Call TruHearing to set up an appointment for a hearing exam.

Call TruHearing today to learn more:
(866) 581-9464 ext. 1173



Make EXERCISE a HABIT!

If you want to exercise more, make it a **priority** (no excuses) & be **willing** to make changes to fit it in your daily life.

Don't know where to begin?

Follow these steps to help you succeed:

1. Have your own reasons for exercising, not someone else's.
2. Set goals; long-term & short-term.
3. Think about what might get in your way, & prepare for slip-ups.
4. Know who your support system is.



Ready to begin an exercise regimen? Join the **Wellness Walkabout** activity to get started!

City of Casper

Onsite Blood Draw & Health Risk Assessment



When: July 27-31

Details will be mailed to your home the beginning of June.



Interactive
HEALTH



CNIC
Health Solutions
A Rocky Mountain Health Plans TPA

HEALTH TALK

WHEN: JUNE 19, 2014

TOPIC: WALK & TALK FITNESS WITH MARY

TIME: 12-1 PM

WHERE: WATER FOUNTAIN OUTSIDE CITY HALL

Learn work-friendly Theraband exercises for 20 min. & then walk for 30 min.

****BONUS****

You'll get a *Theraband* of your own!



SIGN UP THROUGH WOTC.