

MAY 2014

City of Casper Stall Talk

Emotional Health Month!



Aflac

If you have **Aflac**,
be sure to submit your **wellness claims!**

You will be eligible to receive money back just for doing a preventative test. Including but not limited to mammograms, pap smears, eye exams, blood screens, immunizations, annual physical exams, and much more.

To learn more about this benefit & the amount of money you will qualify to get back, call 1-800-433-3036 or e-mail cscmail@aflac.com.

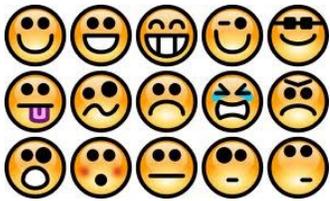
Good Emotional Health leads to success in work, relationships & overall health. Happy people are more likely to work toward goals, & attract others with their energy & optimism.

Emotional health in action:

- Greet the day with a smile.
- Stand up for you.
- Experience the relief of forgiveness.
- Feel good about you (love yourself).
- Feel vital & alive.



Good Emotional Health is:



- Feeling authentic
- Feeling in balance
- Healthy self-esteem
- Resilience
- Joy
- Feeling content



**I AM RESPONSIBLE
FOR MY OWN HAPPINESS!**

What's Happening

Mark
Your
Calendar



JUNE:

- ♦ **Annual employee fitness tests:** June 10, 11, & 12 (8am or 6pm each day). *To schedule, contact Mary x514.*
- ♦ **Sun Health Awareness Day:** June 12
- ♦ **Fit 'n Fitness Health Activity:** Begins June 16 (*More info coming soon*)

JULY:

- ♦ **Annual Blood Draw (if you have CNIC):** July 27—31, you can begin signing up July 1.
- ♦ **Sun Health Awareness Day:** July 15

FIND YOUR HAPPINESS & MAINTAIN GOOD EMOTIONAL HEALTH

Contact

 **THREE TRAILS EFAP**

- ♦ No cost to you or your immediate family
- ♦ Unlimited visits
- ♦ 307-237-5750



RightDirectionForMe.com

HEALTH TALK

MAY 15:

DEPRESSION MANAGEMENT WITH DR. FRANK DEL
REAL, WY COUNSELING CENTER, & THREE TRAILS EFAP

12-1 PM IN COUNCIL CHAMBERS
SIGN UP THROUGH WOTC



WellDyneRx

Did you know???

Anti-depressants are the #1 drug prescribed under the City's health plan?

Between January 1 - March 31, 2014

245 Anti-depressant scripts were filled

Total cost: \$6,796.70

