



# City of Austin Retiree Wellness Program



Join the City of Austin Retiree Wellness Program. All retirees are welcome to participate in activities such as exercise classes, cooking demos, health expos, seminars, and challenges.

*No need to sign-up for most events!*

First time participants will receive a UnitedHealthcare Picnic Blanket!

Schedule of Events on back!



**For more information:**  
Call 512-974-3284 to speak with a Wellness Consultant

## 2015 QUARTER ONE RETIREE WELLNESS EVENTS

Event	Date & Time	Location
12 Week Retiree Group Walk	Every Tuesday 9 AM Jan. 13 - March 31	Highland Mall West Entrance 6001 Airport BLVD Suite 1199
Zumba Exercise Class	Friday Jan. 9 & 23 Friday Feb. 6 & 20 Friday March 6 & 20 12 - 1 PM	COAERS Office 418 E Highland Mall BLVD
*Diabetes Class	January 7 & 28 12:30 - 4:30 PM	COAERS Office 418 E Highland Mall BLVD
Heart Walk	February 6 12 - 1 PM	City Hall Atrium 301 West 2 <sup>nd</sup> ST
Heart Health Seminar	February 19 11 - 12 PM	One Texas Center RM 325 505 Barton Springs RD
Health Expo	February 26 7:30 AM - 2 PM	Palmer Events Center 900 Barton Springs RD
Healthy Cooking Demo	March 4 11:30 - 12:30 PM	One Texas Center RM 325 505 Barton Springs RD
Nutrition Month WriteFit Journal Challenge	Pick up Journals starting March 1	Pick up at COAERS Office 418 E Highland Mall BLVD

**\*You must register for the Diabetes Class by calling Seton at 512-324-1891**



Please  
place  
stamp

**City of Austin  
P.O. Box 1088  
Austin, Texas 78767**