



The City of San José strives to provide employees with a positive, educational, and supportive environment which will allow individuals to live healthy, happy, and productive lives at work and home.



By emphasizing healthy lifestyle choices, providing information on a variety of topics, and offering a range of services designed to meet the employee's wellness needs, the City of San José has a mission to create a work environment where employees are empowered to achieve their maximum level of wellness and engagement.



On Friday, August 21, 2009, Human Resources will host an all day Employee Wellness Conference and Fair on the City Hall campus. Employees citywide are invited to attend and are encouraged to take advantage of our wellness program and its many resources.



Visit the wellness *internet* pages at [www.sanjoseca.gov/wellness](http://www.sanjoseca.gov/wellness) to view and register for any of the 50 conference sessions! A wide variety of sessions have been scheduled; examples include healthy cooking demonstrations, stress relief with drum circles, recognize hidden dangers of the sun or better understand the risk of diabetes. Registration is required to ensure classes have adequate attendance to be offered and to comply with max. occupancy.



Additionally, H.R. is looking for employees who have a passion about or personal interest in the topic of wellness. If this sounds like you; step-up to become a Wellness Warrior!



The role of the Wellness Warrior will be rewarding and important to the success of our wellness program. Visit the wellness *intranet* pages at [www.csj.org](http://www.csj.org) to view a complete description and ideas for integrating this volunteer opportunity into your day.



Future Wellness Warriors are especially encouraged to register and attend the morning Wellness Conference Kick-off session to learn more about the benefit of wellness programs.

If you have questions, please contact Debbi Bohnet-Nuttall, Human Resources Benefits Analyst and Wellness Coordinator  
(408) 975-1431 or send an e-mail to [WellnessIn-Box@sanjoseca.gov](mailto:WellnessIn-Box@sanjoseca.gov)