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Eat Heart Healthy & Save

Take care of your family's health and your wallet by eating heart healthy on a budget:



1. Prepare steel cut oatmeal—lowers cholesterol
2. Buy *seasonal* fruits and vegetables—cheaper!
3. Choose beans for their cholesterol-lowering fiber
4. Divide your own healthy food into individual portions—carrots, nuts, whole grain crackers
5. Use food coupons for healthy (not processed) food
6. Bring your lunch and snacks *every day*
7. Prepare a weekly menu instead of figuring out what to eat while shopping

Source: Cleveland Clinic Heart and Vascular Institute

Help your heart and community, participate in the

Puget Sound Heart Walk

Saturday, October 2
7:30 am — 12:00 noon
Seattle Center
Information: pugetsoundheartwalk.org

Benefits Open Enrollment

September 27 — October 27, 2010



- Review your current benefit elections
- (Re)enroll in a health or dependent care Flexible Spending Account
- Add or drop dependents
- Make your 2011 benefit changes through employee self-service by October 27

Watch your U.S. mail for more information.

City Events

Money Basics

Wednesday, September 1
12 noon — 1:00 pm
SMT 4050/4060

Thursday, September 23
12 noon — 1:00 pm
SMT 4050/4060

EAP Information Sessions

Tuesday, September 14
12 noon — 12:30 pm
12:30 pm — 1:00 pm
1:00 pm — 1:30 pm
SMT 4050/4060

Flexible Spending Account Information Sessions

Wednesday, September 22
12 noon — 12:30 pm
12:30 — 1:00 pm
SMT 4050/4060

Tuesday, September 28
12 noon — 12:30 pm
12:30 — 1:00 pm
SMT 4050/4060

Monthly Blood Pressure Screening

Wednesday, September 29
Drop in any time from 10:30 am — 1:30 pm
SMT 4096

