



October 2019

8. B

Wellness Program Highlights

WELLNESS & FITNESS PRESENTATION BY C. BRACAMONTES AT THE 2019 COUNTY AND DISTRICT CLERKS ASSOCIATION OF TEXAS REGION VII CONFERENCE (OCT. 10, 2019- SPI)

24 HEALTHY LIFESTYLE PRESENTATIONS BY D. HUALLPA AT THE VOLUNTARY INSURANCE INFORMATIVE SESSIONS (OCT. 2- OCT. 8, 2019- PRECINCTS AND DEPARTMENTS)

WELLNESS PROGRAM INFORMATIVE SESSION BY C. BRACAMONTES & D. HUALLPA AT THE 2019 OPEN ENROLLMENT. TOPICS COVERED INCLUDE:

- WELLNESS PROGRAM OVERALL GOAL
- HIDALGO COUNTY EMPLOYEE WELLNESS FACEBOOK
- TELADOC
- AETNA IN TOUCH CARE PROGRAM (2020)
- MAINTENANCE CHOICE PROGRAM (2020)
- AETNA APP
- FITNESS CLASSES INFORMATION
- BODY ANALYSIS INFORMATION

OVER A HUNDRED EMPLOYEES ARE USING THE HIDALGO COUNTY PCT. 2 INDOOR SPORTS COMPLEX PER MONTH. WE HAVE HAD UP TO 42 EMPLOYEES PER CLASS.

COMMUNITY WELLNESS EXPO ON NOV. 2, 2019

8 B

HIDALGO COUNTY INVITES THE
COMMUNITY TO JOIN OUR EFFORT
IN PROMOTING HEALTHY
LIFESTYLE CHANGES!

JOIN US FOR A:

COMMUNITY WELLNESS EXPO

Gather your family & friends and head
towards a healthier path.

Saturday November 2, 2019
8:00 A.M. - 11:00 A.M.

Fitness Classes:
8:30 A.M. & 9:30 A.M.

**Hidalgo County Pct. 2 Indoor
Sports Complex**

3600 Athol Street Pharr, Texas 78577
(Corner of El Dora Road & Athol St.)

*Free Classes Include Yoga, Zumba, Body Weight Training,
Nutrition Fair plus much more!*

Children Classes available (8 to 12 years of age)

