

YOU'RE INVITED: RETIREE BROWN BAG SESSION



**HUMAN
RESOURCES**

Join your fellow retirees at the next session of the **Retiree Brown Bag Series** on Friday, June 12 at 11:30 a.m.



This session will focus on health and wellness and feature a variety of valuable information about diabetes, heart health, mental health, and exercise and fitness programs from the Department of Human Services, Metro Health, Parks & Recreation, the American Heart Association, Methodist Healthcare, and the YMCA. CPR demonstrations, blood pressure checks, and information tables will be offered. There will also be presentations about the City's Senior Centers, emergency preparedness, nutrition, and other important wellness information.



Remember, all City retirees and their spouses or domestic partners are welcome to attend these events. Light snacks will be provided, but please feel free to bring your lunch.

RETIREE BROWN BAG SESSION

Friday, June 12, 2026
11:30 a.m. to 1:30 p.m.
Central Library Auditorium
600 Soledad, 78205

3 hours of free parking with
validation in the Library's parking
garage.



To reserve your seat, please leave a
message on the Retiree RSVP Line
at 210.207.7000 or email
AskHR@sanantonio.gov by
Wednesday, June 10.



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P.O. Box 839966
San Antonio, TX
78283-3966

Have you heard of RECOSA, the organization for the Retired Employees of the City of San Antonio? If you are interested in joining this organization or just want more information, call 210.504.9567, email info@recosa.org, or visit recosa.org.