



# Building Blocks of a Healthy Family

Are you struggling with limiting screen time, maintaining a healthy bedtime schedule, keeping your family active, or finding time to make a nutritious meal (and convincing your family to eat it!)? Engaging in healthy activities can be challenging when your family includes a strong-willed child, disinterested teen, or reluctant spouse. Come and learn tips & tricks that will help you work through the barriers that busy families face in today's world. Your family will thank you for it later!

Instructed by Tracy Lightburne & Christina Edenfield

DATE	TIME	LOCATION
Tuesday, May 8	12p - 12:45p	<b>Public Works, Conf Room 1</b> 1022 26th Ave E, Bradenton
Wednesday, May 16	12p - 12:45p	<b>Admin Building, 4th Floor Osprey Room</b> 1112 Manatee Avenue West, Bradenton
Thursday, May 17	12p - 12:45p	<b>MSO Ops, Media Classroom</b> <i>MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton <i>Register on PowerDMS</i>
Wednesday, May 23	12p - 12:45p	<b>Utilities, Large Conference Room</b> 4410 66th St W, Bradenton

Open to employees and adult health plan members!

**Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)**  
(select "Building Blocks..." in the dropdown menu or use the search bar)



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