

Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p>3</p> <p><u>FITNESS U: SITTING YOUR LIFE AWAY</u> 12p – 12:45p Utilities</p> <p><u>DIABETES WORKSHOP</u> April 3 & 5 5:30p – 7:45p Central Library</p>	<p>4</p> <p><u>FINANCIAL WELLNESS: MEDICARE</u> 12p – 12:45p Admin 4th Flr</p> <p><u>TOBACCO CLASS @ PW</u> April 4 & 11 3:30p – 5:30p</p>	<p>5</p>	<p>6</p> <p><u>FOCUS ON FAST</u> 12p – 12:45p MSO Ops Open to MSO/CPID Only</p> <p><u>DIABETES ROADTRIP: THE 2 FILTERS INSIDE YOU</u> 3:45p – 4:45p Public Works</p>	<p>7</p> <p><u>Yweight Enrollment Coming</u> May, June, July Stay tuned for schedule and appointments!</p>	<p><u>TOBACCO COURSE</u> 941-748-4501 x6469</p> <p><u>DIABETES PROGRAMS</u> 941-748-4501 x6410</p> <p><u>NUTRITION PROGRAMS</u> 941-748-4501 x6464</p>
<p>10</p>	<p>11</p> <p><u>FITNESSU: BE 1</u> 6p – 6:45a MSO Training Ctr</p> <p><u>DIABETES ROADTRIP: YOU GOT THE POWER</u> Noon – 1p Admin 3rd Flr</p>	<p>12</p> <p><u>APRIL NEWSLETTER</u> Learn the symptoms and treatment of Irritable Bowel Syndrome, otherwise known as IBS.</p>	<p>13</p> <p><u>FINANCIAL WELLNESS: MEDICARE</u> 12p – 12:45p PW Conf A</p> <p><u>STAY MOTIVATED</u> 5:30p – 6:30p EHB</p>	<p>14</p> <p>No Weight Watchers This Week</p> <p><u>BLOOD DRIVE</u> Admin Bldg 8am – 2:30pm</p>	<p><u>PHARMACY ADVOCATE</u> 941-748-4501 x6406</p> <p><u>LIFESTYLE ASSISTANCE & MODIFICATION PROGRAM [LAMP]</u> 941-741-2995</p>
<p>17</p> <p><u>OFF SITE GROUP FITNESS REGISTRATION OPENS AT 6AM</u></p> <p><u>YOUR BEST BRAIN</u> April 17 & 24 9a – 12p Admin Bldg 4th Floor</p>	<p>18</p> <p><u>FINANCIAL WELLNESS: MEDICARE</u> 12p – 12:45p MSO Ops MSO/CPID Only</p> <p><u>DIABETES ROADTRIP: DINOSAURS IN YOUR MED CABINET</u> Noon – 1p Admin 3rd Flr</p> <p><u>FITNESS U: KEY TO YOUR YOUTH</u> 5:30p – 6:15p Convention Ctr</p>	<p>19</p> <p><u>NUTRITIONU: MAKE HORMONES WORK BETTER</u> 12p – 12:45p MSO Ops MSO/CPID Only</p> <p><u>NATIONWIDE 457 PLAN [BCC]</u> 11a – 3p Admin 3rd Flr</p> <p><u>PROBLEM SOLVING FOR PREVENTING DIABETES</u> 6p – 7p EHB</p>	<p>20</p> <p><u>FINANCIAL WELLNESS: MEDICARE</u> 12p – 12:45p Utilities</p> <p><u>THRIVING WITH DIABETES</u> April 20 & 27, 5:30p – 7:30p Manatee Memorial Hosp.</p>	<p>21/22</p> <p><u>NEW WEIGHT WATCHERS 12-WEEK SESSION BEGINS</u> Fridays at Noon Admin 1st Flr</p> <p><u>SMOKELESS TOBACCO CLASS</u> Sat April 22 9a – 1p Braden River Library</p> <p>Last day to schedule Saturday Lab draw at Quest PSC LWR on 5/6</p>	<p><u>YOURCHOICE WELLNESS CENTERS</u> 3 Locations 941-741-2997</p> <p><u>YOURCHOICE FITNESS CENTER</u> 1012B Manatee Ave W Hours: M-F 5a-9p Sat 7a-12p, Sun closed 941-748-4501 x3979</p>
<p>24</p> <p><u>NEW OFF SITE GROUP FITNESS SESSION BEGINS TODAY!</u></p> <p><u>FINANCIAL WELLNESS: MEDICARE</u> 4p – 4:45p MSO Training Ctr</p> <p><u>BASICS OF PREVENTING DIABETES</u> 5:30p – 7:30p Central Library</p>	<p>25</p> <p><u>NUTRITIONU: NUTRITION MYTHS DEBUNKED</u> 12p – 12:45p Admin 4th Flr</p> <p><u>DIABETES ROADTRIP: THE 2 FILTERS INSIDE YOU</u> Noon – 1p Admin 3rd Flr</p> <p><u>AWE! SELF-DEFENSE COURSE</u> 5-Week Course Begins 4/25 7:30p – 9:15p Cost \$175</p>	<p>26</p> <p><u>FINANCIAL WELLNESS: MEDICARE</u> 5:30p – 6:15p Central Library</p> <p><u>BEACH YOGA</u> Last Wednesday of the Month Manatee Beach Park 6p – 7p</p>	<p>27</p> <p><u>YOGA @ LIBRARY</u> Thursdays 11a – Noon Central Library</p> <p>Free and open to the public. Please wear loose, comfortable clothing, and bring a mat or towel.</p>	<p>28</p> <p><u>NUTRITIONU: NUTRITION MYTHS DEBUNKED</u> 2p – 2:45p Central Lab Central Lab Employees Only</p> <p><u>HOT TOPICS IN PREVENTING DIABETES</u> Saturday, April 29 11a – 12p Palmetto Library</p>	<p><u>HEALTH BUCK PROGRAMS</u> Exercise Management FitNuts Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p> <p><u>FORMS AVAILABLE ONLINE</u></p>