

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |  |
|--|--|--|--|--|--|
| 2  | 3<br><b>PROBIOTICS 101</b><br>MSO Ops   12p – 12:45p<br><i>MSO/CPID Only</i>   | 4  | 5  | 6<br><b>THE GOOD, THE BAD &amp; THE UGLY OF DINING OUT</b><br>Transit   12p – 12:45p<br><b>BENEFITS OF ACUPUNCTURE</b><br>Admin   12p – 12:45p<br>7 <a href="#">Mud Endeavor</a> | <p><b>DIABETES</b><br/>941.748.4501 x6410</p> <p><b>FITNESS</b><br/>941.748.4501 X6280</p> <p><b>LAMP (Behavioral Health)</b><br/>941.741.2995</p> <p><b>NURSE ADVOCATES</b><br/>941.741.2963</p> <p><b>NUTRITION</b><br/>941.748.4501 x6464</p> <p><b>PHARMACY</b><br/>941.748.4501 x6406</p> <p><b>TOBACCO</b><br/>941.748.4501 x6464</p> <p><b>YOURCHOICE FITNESS CENTER</b> (Open 24/7)<br/>1012B Manatee Ave W<br/>941.748.4501 x3979</p> <p><b>FORMS AND REGISTRATION AVAILABLE ONLINE</b></p> |
| 9  | 10<br><b>MASS MUTUAL 457 PLAN (BCC EMPLOYEES)</b><br>11a – 2p   Admin Bldg<br><b>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</b><br>PW   12p – 12:45p<br><b>TOBACCO CESSATION</b><br>PW   3:30p – 5:30p | 11<br><b>NATIONWIDE 457 PLAN (BCC EMPLOYEES)</b><br>11a – 3p   Admin Bldg<br><b>HOW TO BOUNCE BACK FROM ADVERSITY</b><br>Utilities   12p – 1p  | 12<br><b>YOUR BEST BRAIN</b><br>Judicial Ctr   9a – 4:30p  | 13   |  |
| 16   | 17<br><b>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</b><br>Palmetto Library   5:30p – 7p   | 18   | 19<br><b>BECOME AN EXPERT IN YOUR OWN LIFE</b><br>Admin   12p – 12:45p<br><b>BENEFITS OF ACUPUNCTURE</b><br>MSO Ops   12p – 12:45p<br><i>MSO/CPID Only</i> | 20<br><b>BLOOD DRIVE</b>   Admin Bldg<br>8am – 2:30pm<br><b>PROBIOTICS 101</b><br>PW   12p – 12:45p<br>21 <b>TOBACCO CESSATION</b><br>Palmetto Library   10a – 12p               |  |
| 23<br><b>OFF-SITE GROUP FITNESS REGISTRATION OPENS 6AM</b><br><b>DIABETES SURVIVAL SKILLS</b> Central Library<br>April 23 & 25   5:30p – 7:45p | 24<br><b>THE GOOD, THE BAD &amp; THE UGLY OF DINING OUT</b><br>Admin   12p – 12:45p  | 25<br><b>MONEY POWER HOUR Home Buying 101</b><br>Admin 3 <sup>rd</sup> Flr   12p – 12:45p<br><b>SUNSET YOGA w/ LaRae</b><br>Riverwalk   5:30p – 6:30p<br><i>Meet at ice cream shop</i>         | 26   | 27<br>28<br><b>THE LOW CARB LOWDOWN</b><br>Palmetto Library   1p – 2p  |  |
| 30   |  | <p><b>QE TIMELINE</b><br/>Do you need a colorectal screening? We now accept Cologuard as a QE option!<br/>Schedule an appointment to talk to your doctor about the best screening for you.</p> |  |  |  |

