


# April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>April Fool's Day!</b> Did you know laughter is good for your physical and mental health? <a href="#">Click here to learn more.</a>	2	3	4 <b>RETIREMENT SEMINAR</b> BACVB   8a – 12p	5
8	9	10	11 <b>HEART LOVE, SESSION 1</b> MSO Ops   12p – 12:45p  <b>NATIONWIDE 457 PLAN (BCC)</b> 11a – 3p   Admin Bldg	12  13 <b>TOBACCO CESSATION</b> Palmetto Lib.   10a – 11:30a
15	16 Looking for a tasty treat? Look no further than this <a href="#">Berry Tart with Lemon Cookie Crust</a> . Dietitian approved and Diabetes-friendly!	17 	18 <b>HEART LOVE, SESSION 2</b> MSO Ops   12p – 12:45p	19 <b>BLOOD DRIVE</b> Admin Bldg   8a – 2:30p
22 <b>WHAT CAN I EAT?</b> Central Lib.   5:30p – 7:30p  <a href="#">Off-Site Group Fitness Registration Opens 6am for May-July Session</a>	23 <b>TOBACCO CESSATION</b> Public Works   3:30p – 5p	24 <b>BASICS OF DIABETES CARE</b> Central Lib.   5:30p – 7:30p	25 <b>YOUR BEST BRAIN</b> April 25 & May 2 Admin   9am – Noon  <b>HEART LOVE, SESSION 1</b> Transit   12p – 12:45p  <b>OVERCOMING OBSTACLES TO WEIGHT LOSS</b> MSO Train Ctr   12p – 12:45p	26 <b>LAMP TIP</b> Begin your day with success - <b>make your bed</b> . This establishes a pattern of productivity and order that will extend to other areas of your life!
29	30 <b>COPING WITH DIABETES</b> EHB   5:30p – 7:30p	<b>Coming Up in May:</b> • <a href="#">Osteoporosis Workshop</a> • <a href="#">Posture clinic</a> • <a href="#">Dragon Boat Race</a>	<b>Qualifying Events Checklist:</b> ✓ Schedule Lab Work ✓ Make appt for wellness exam & age-based screenings <input type="checkbox"/> Schedule tobacco and/or diabetes QE if applicable	

- DIABETES**  
941.748.4501 x6410
- FITNESS**  
941.748.4501 X3979
- LAMP (Behavioral Health)**  
941.741.2995
- NURSE ADVOCATES**  
941.741.2963
- NUTRITION**  
941.748.4501 x6464
- PHARMACY**  
941.748.4501 x6406
- TOBACCO**  
941.748.4501 x6464
- YOURCHOICE FITNESS CENTER**  
(Open 24/7)  
1012B Manatee Ave W  
941.748.4501 x3979
- FORMS AND REGISTRATION AVAILABLE ONLINE**

