


Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p>1 Month Left to Complete Qualifying Events! DEADLINE: AUG 31 <i>(Does not apply to new enrollees 4/1/16 or later)</i></p>	<p>1 OFF-SITE GROUP FITNESS SESSION BEGINS (8/1 – 10/31) FITNESSU: KEY TO YOUR YOUTH 12p – 12:45p Transit THRIVING WITH DIABETES Aug 1 & 3, 5:30p-7:30p MMH</p>	<p>2 NUTRITIONU: VIRTUAL SUPERMARKET TOUR 5:30p – 6:15p Central Library</p>	<p>3 FITNESSU: HEALTHHACKS 12p – 12:45p MSO Ops *MSO/CPID Only</p>	<p>4 Did you miss the “How Sleep Affects Your Weight” webinar in June? Watch it at manateeyourchoice.com under latest news!</p>	<p>TOBACCO ADVOCATE 941-748-4501 x6464</p> <p>DIABETES PROGRAMS 941-748-4501 x6410</p> <p>NUTRITION PROGRAMS 941-748-4501 x6464</p> <p>PHARMACY ADVOCATE 941-748-4501 x6406</p> <p>LIFESTYLE ASSISTANCE & MODIFICATION PROGRAM [LAMP] 941-741-2995</p> <p>YOURCHOICE WELLNESS CENTERS 3 Locations 941-741-2997</p> <p>YOURCHOICE FITNESS CENTER 1012B Manatee Ave W Hours: M-F 5a-9p Sat 7a-12p, Sun closed 941-748-4501 x3979</p> <p>HEALTH BUCK PROGRAMS Exercise Management FitNuts Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p> <p>FORMS AVAILABLE ONLINE</p>
<p>7</p>	<p>8 FITNESSU: STAY IN THE GAME 12p – 12:45p Utilities</p>	<p>9</p>	<p>10 FITNESSU: STAY IN THE GAME 12p – 12:45p Convention Ctr</p>	<p>11 AUGUST NEWSLETTER Learn what immunizations are needed at what ages to effectively prevent diseases like measles, polio, shingles, flu, etc.</p>	
<p>14 Obesity Alters Brain Structure And Function Click here to read the article</p>	<p>15</p>	<p>16 NATIONWIDE 457 RETIREMENT PLAN [BOCC employees] 11a-3p Admin Bldg 8th Floor</p>	<p>17 FITNESSU: ACTIVE ISOLATED STRETCHING 12p – 12:45p PW Fleet</p>	<p>18 BLOOD DRIVE Admin Bldg 8am – 2:30pm *All Donors receive a Tervis tumbler!</p>	
<p>21 DIABETES WORKSHOP: SURVIVAL SKILLS Aug 21 & 23 , 5:30p-7:45p Central Library</p>	<p>22 FINANCIAL WELLNESS: DECONSTRUCTING THE DEAL 12p – 12:45p Utilities</p>	<p>23</p>	<p>24</p>	<p>25 FITNESS CENTER OPEN HOUSE & GRAND RE-OPENING! 11a – 1p Fitness Center *More Info Coming Soon*</p> <hr/> <p>26 TOBACCO CLASS 9A – 1P MMH Auditorium</p> <p>FORT HAMMER BRIDGE 5K/10K 7:30a Fort Hammer Park</p>	
<p>28  gaining power over food End food cravings, break unhealthy eating habits, & lose weight. Learn more at manateeyourchoice.com</p>	<p>29</p>	<p>30 GROUP FINANCIAL COACHING: INVEST FOR YOUR FUTURE 12:15p – 1p Admin Bldg BEACH YOGA Last Wednesday of the Month Manatee Beach Park 6p – 7p</p>	<p>31 Qualifying Events, Fit Nuts, & Exercise Management DUE TODAY!</p>	<p>Coming in September:</p> <ul style="list-style-type: none"> • Your Best Brain • Financial Wellness for Retirement • Flu Shots 	

