





# August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hydration Challenge</b> Drink 6 glasses of water a day for 20 days in August and win a YourChoice water bottle! <a href="#">Click here</a> to learn more.		<b>1</b> <b>New Off-Site Group Fitness Session Begins Today</b>	2	3
<b>LAST MONTH FOR QE</b> Submit your completed wellness exam form to your insurance coordinator!	<b>7</b> <b>SKELETAL FITNESS</b> Transit   12p – 12:45p <b>NATIONWIDE 457 PLAN (BCC)</b> Admin Bldg   11a – 3p	8	<b>9</b> <b>YOU WON'T MISS IT: BETTER MEAL &amp; SNACK IDEAS</b> Palmetto Library   6p – 7p	10
<b>13</b> <b>DIABETES SURVIVAL SKILLS</b> Central Library August 13 & 15   5:30p – 7:45p <b>Last Class for newly diagnosed or new members with diabetes to complete QE for 2019!</b>	14	<b>15</b> <b>MINDFUL EATING</b> Utilities Ops   12p – 12:45p	<b>16</b> 	<b>17</b> <b>BLOOD DRIVE</b> Admin Bldg   8a – 2:30p  <b>CORTISOL CONNECTION</b> Transit   12p – 12:45p <i>*Transit/Transit Fleet Only*</i>
20	<b>21</b> <b>GOOD, BAD &amp; UGLY</b> Palmetto Library   6p – 7p	<b>22</b> <b>FINANCIAL WELLNESS GAMESHOW</b> Utilities Ops   12p – 12:45p	<b>23</b> Check out our Pinterest page for some delicious ways to take your water from blah to aah!  <a href="#">/manateeyourchoice</a>	<b>24</b>  <b>25</b> <b>FRUSTRATION FREE</b> Central Library   9a – 12p
<b>27</b> 	28	<b>29</b> <b>MONEY POWER HOUR</b> <b>Financial Wellness Gameshow</b> Admin 3 <sup>rd</sup> Flr   12p – 12:45p	<b>30</b> <b>EXERCISE MGMT FORMS DUE FRIDAY, AUGUST 31<sup>ST</sup>!</b> 	<b>31</b> <b>QE FORMS DUE TODAY</b>

- DIABETES**  
941.748.4501 x6410
- FITNESS**  
941.748.4501 X6280
- 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**

