



Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p><b><u>Wellness Reimbursement Deadline: December 31</u></b></p>				<p>1/2</p> <p><b><u>BEACH FIT</u></b> 1<sup>st</sup> <b>SATURDAY</b> every Month 8-9am, Manatee Beach Park Free &amp; Open to the Public</p>	<p><b><u>TOBACCO ADVOCATE</u></b> 941-748-4501 x6464</p> <p><b><u>DIABETES PROGRAMS</u></b> 941-748-4501 x6410</p> <p><b><u>NUTRITION PROGRAMS</u></b> 941-748-4501 x6464</p> <p><b><u>PHARMACY ADVOCATE</u></b> 941-748-4501 x6406</p> <p><b><u>LAMP (Behavioral Health) PROGRAM</u></b> 941-741-2995</p>
<p>5</p> <p>Feeling down or overwhelmed this holiday season? Call LAMP at 941.741.2995 to schedule a confidential conversation with a counselor.</p>	<p>5</p>	<p>6</p> <p>Are you staying on track with the Holiday Challenge?</p> 	<p>7</p> <p><b><u>Don't let that holiday cocktail derail your diet!</u></b> (click to read)</p>	<p>8</p> <p>Get a jump start on your QEs by scheduling your wellness exam for early 2018!</p> <p>Learn more at <a href="http://manateeyourchoice.com/QE">manateeyourchoice.com/QE</a></p>	<p><b><u>YOURCHOICE WELLNESS CENTERS</u></b> 3 Locations 941-741-2997</p> <p><b><u>YOURCHOICE FITNESS CENTER</u></b> 1012B Manatee Ave W Open 24/7 941-748-4501 x3979</p> <p><b><u>HEALTH BUCK PROGRAMS</u></b> Exercise Management Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p> <p><b><u>FORMS AVAILABLE ONLINE</u></b></p>
<p>11</p>	<p>12</p> <p><b><u>SMART HOLIDAY EATING</u></b> 12p – 12:45p   PW</p>	<p>13</p> <p><b><u>NATIONWIDE 457 RETIREMENT PLAN</u></b> [BOCC employees] 11a-3p   Admin Bldg 3<sup>rd</sup> Flr</p>	<p>14</p> <p><b><u>SMART HOLIDAY EATING</u></b> 12p – 12:45p   Utilities</p>	<p>15</p> <p><b><u>BLOOD DRIVE</u></b>   Admin Bldg 8am – 2:30pm <i>Appts preferred; walk ins welcome</i></p>	
<p>18</p> <p><b><u>Coping with the holidays after the death of a loved one is anything but easy...</u></b> (click to read)</p>	<p>19</p> <p>Check out our blog today for some tips on choosing a resolution that will stick! <a href="http://manateeyourchoice.com/blog">manateeyourchoice.com/blog</a></p>	<p>20</p>	<p>21</p> <p><b>INTRO TO FITNESS Returns in January!</b> <i>Save your spot!</i> Registration Open Dec 21 – Jan 3</p>	<p>22</p> <p><b>REMEMBER: The YourChoice Fitness Center is open 24/7 during the holidays!</b></p>	
<p>25/26</p> <p><b>County Offices Closed Christmas</b></p>		<p>27</p>	<p>28</p> <p>Are you staying on track with the Holiday Challenge?</p> 	<p>29</p>	