

December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Adult (age 19+) YourChoice members are eligible for \$250 in wellness reimbursement every calendar year. DEADLINE DECEMBER 31!</p>	<p>4 Do you have diabetes? Get a resource guide to help you navigate Holiday parties & big family dinners, Plus get some recipes, too! Click here to download.</p>	<p>5 MITIGATING THE COST OF LTC Admin 12p – 12:45p</p>	<p>6 INTRO TO FITNESS Utilities 12p – 12:45p</p>	<p>7</p>
<p>10</p>	<p>11 KETO? PALEO? GET THE SCIENCE PW 12p – 12:45p</p>	<p>12 NATIONWIDE 457 PLAN (BCC) Admin Bldg 11a – 3p</p>	<p>13</p>	<p>8 CHRISTMAS GLOW RUN 5K Nathan Benderson Park</p>
<p>17 Check out our blog for some of our favorite health(ier) holiday recipes!</p>	<p>18</p>	<p>19 LAMP Tip: Don't Hold a Grudge. Holding a grudge can mentally wear you out and makes you miserable.</p>	<p>20</p>	<p>14 BLOOD DRIVE Admin Bldg 8a – 2:30p</p>
<p>24/25 County Offices Closed Christmas</p>		<p>26</p>	<p>27 To those of you who use insulin: Give yourself a gift! Come see Florey to learn about the Freestyle Libre glucose sensor.</p>	<p>21 JINGLE 5K LWR Main Street</p>
<p>31 WELLNESS REIMBURSEMENT DUE TODAY!</p>	<p>Jan 1 County Offices Closed New Year's Day</p>			<p>28 Sign up NOW for Row and Run to the Ranch on January 5th benefiting the Florida Sheriff's Youth Ranches.</p>

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

