

# February 2018



Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b><u>QE TIMELINE</u></b> Call your provider(s) to make an appointment for any age-based screenings you need to complete. Have kids? Make their appointments as well!</p>			<p>1</p> <p><b><u>Off-Site Group Fitness</u></b> New 3-month session begins today.</p>	<p>2</p> <p><b><u>PROBIOTICS 101</u></b> Utilities   12p – 12:45p</p> <p><b><u>WEIGHT WATCHERS @ WORK IS BACK!</u></b> Fridays @ 12:30pm Admin   1<sup>st</sup> Flr Chambers</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>DIABETES</u></b> 941.748.4501 x6410</p> <p><b><u>FITNESS</u></b> 941.748.4501 X6280</p> <p><b><u>LAMP (Behavioral Health)</u></b> 941.741.2995</p> <p><b><u>NURSE ADVOCATES</u></b> 941.741.2963</p> <p><b><u>NUTRITION</u></b> 941.748.4501 x6464</p> <p><b><u>PHARMACY</u></b> 941.748.4501 x6406</p> <p><b><u>TOBACCO</u></b> 941.748.4501 x6464</p> <p><b><u>YOURCHOICE FITNESS CENTER</u></b> (Open 24/7) 1012B Manatee Ave W 941.748.4501 x3979</p> <p><b><u>FORMS AND REGISTRATION AVAILABLE ONLINE</u></b></p>
5	<p>6</p> <p><b><u>THE SKINNY ON WEIGHT LOSS</u></b> PW   12p – 12:45p</p>	<p>7</p> <p><b><u>THE LOW CARB LOWDOWN</u></b> Transit   12p – 12:45p Transit   1p – 1:45p</p>	<p>8</p> <p><b><u>THE GOOD, THE BAD &amp; THE UGLY OF DINING OUT</u></b> Utilities   12p – 12:45p</p> <p><b><u>YOUR BEST BRAIN</u></b> Judicial Ctr   9a – 4:30p</p>	9	
12	<p>13</p> <p><b><u>BECOME AN EXPERT IN YOUR OWN LIFE</u></b> Utilities   12p – 12:45p</p>	<p>14</p> <p><b><u>NATIONWIDE 457 PLAN (BCC EMPLOYEES)</u></b> 11a – 3p   Admin Bldg</p>	15	16	
<p>19</p> <p><b>County Offices Closed President's Day</b></p>	<p>20</p> <p><b><u>YOU WON'T MISS IT: BETTER MEAL &amp; SNACK IDEAS</u></b> Palmetto Library   6p – 7p</p>	<p>21</p> <p><b><u>THE REAL REASON PEOPLE DON'T TAKE THEIR MEDS</u></b> Utilities   12p – 12:45p</p>	<p>22</p>	<p>23</p> <p><b><u>HEALTHY WAGE CHALLENGE</u></b> Begins Today</p> <p><b><u>BLOOD DRIVE</u></b>   Admin Bldg 8a – 2:30p Apts preferred; walk ins welcome</p>	
<p>26</p> <p><b><u>DIABETES WORKSHOP: SURVIVAL SKILLS</u></b> Feb 26 &amp; 28 Central Lib   5:30p – 7:45p</p>	<p>27</p>	<p>28</p> <p><b><u>MONEY POWER HOUR</u></b> <b>The Impact of Healthcare on Retirement Readiness</b> Admin 3<sup>rd</sup> Flr   12p – 12:45p</p>	<p><b><u>FEBRUARY CHALLENGE: 5 DAYS OF MINDFUL ACTION</u></b> Mindfulness has been shown to reduce stress, boost memory and improve focus. Complete the challenge for a chance to win a \$70 gift card to North River Body Therapies courtesy of North River Body Therapies.</p>		

