

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't let <u>Qualifying Events</u> sneak up on you this year. If you haven't scheduled your wellness exam and lab work, do that now!</p>		<p>CHALLENGE YOURSELF TO TRY SOMETHING NEW and keep your body and brain working optimally. <u>We compiled a list of 30 items</u> – how many are you willing to try?</p>		<p>1 <i>New Off-Site Group Fitness Session for February – April Begins Today</i></p>
<p>4 <u>INTRO TO FITNESS, PART 1</u> Utilities 12p – 12:45p</p> <p><u>HEART LOVE, SESSION 1</u> Admin 12p – 12:45p</p>	<p>5 <u>HEART LOVE, SESSION 1</u> PW, 12p – 12:45p</p> <p><u>WAYS TO IMPROVE HF LAB VALUES</u> Utilities 12p – 12:45p</p>	<p>6 <u>WAYS TO IMPROVE HF LAB VALUES</u> Admin 12p – 12:45p</p>	<p>LAMP TIP Everything can be a bummer if we choose to see it that way. But when you <u>search for the silver linings in your life</u>, you may be surprised to discover a lot of good.</p>	<p>8</p> <p>9 <u>COOKING CLASS: 6 INGREDIENTS, 3 EASY MEALS</u> Central Library 1p – 3p</p>
<p>11 <u>INTRO TO FITNESS, PART 2</u> Utilities 12p – 12:45p</p> <p><u>HEART LOVE, SESSION 2</u> Admin 12p – 12:45p</p> <p><u>COOKING CLASS: 6 INGREDIENTS, 3 EASY MEALS</u> Central Lib 5:15p – 7p</p>	<p>12 <u>HEART LOVE, SESSION 2</u> PW, 12p – 12:45p</p>	<p>13 <u>FEEL BETTER. LIVE BETTER. BE BETTER.</u> MSO Ops 12p – 12:45p</p>	<p>14 <u>KETO? PALEO? GET THE SCIENCE</u> MSO Ops 12p – 12:45p</p>	<p>15 <u>BLOOD DRIVE</u> Admin Bldg 8a – 2:30p</p> <p><u>HEALTHY WAGE \$10,000 CHALLENGE BEGINS TODAY!</u> <i>It's not too late to sign up!</i></p>
<p>18 County Offices Closed <i>President's Day</i></p>	<p>19 <u>HEART LOVE, SESSION 1</u> Utilities 12p – 12:45p</p>	<p>20</p>	<p>21 <u>INTRO TO FITNESS, PART 1</u> PSC, 12p – 12:45p</p>	<p>22</p>
<p>25 <u>BASICS OF DIABETES CARE</u> Central Lib 5:30p – 7:30p</p>	<p>26 <u>HEART LOVE, SESSION 2</u> Utilities 12p – 12:45p</p>	<p>27 <u>MAXIMIZE YOUR BENEFITS Alternative Care</u> Admin 3rd Flr 10a – 10:45a</p> <p><u>WAYS TO IMPROVE HF LAB VALUES</u> Central Jail 12p – 12:45p</p> <p><u>INTRO TO FITNESS</u> PW 12p – 12:45p</p> <p><u>WHAT CAN I EAT?</u> Central Lib 5:30p – 7:30p</p>	<p>28 <u>INTRO TO FITNESS, PART 2</u> PSC, 12p – 12:45p</p> <p><u>HEART LOVE, SESSION 1</u> PSC 12p – 12:45p</p>	<p>MARK YOUR CALENDARS! <i>Living Paycheck to Purpose</i> is coming in March! A 4-part workshop designed to help you develop a financial plan, take control of your paycheck, and live your best life.</p> <p>March 5, 12, 19, & April 2 5:30p – 6:30p Palmetto Lib.</p> <p><i>More details coming soon!</i></p>

DIABETES
941.748.4501 x6410

FITNESS
941.748.4501 X3979

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

