

January 2018



Monday	Tuesday	Wednesday	Thursday	Friday	
1 JUMPSTART YOUR JANUARY CHALLENGE! Challenge yourself to try something new and win a prize!	2	3	4 <u>QE Packets available online.</u> Schedule your wellness exam & plan which Diabetes or Tobacco QE you will complete (if applicable)	5/6 BEACH FIT 1 st SATURDAY every Month 8-9am, Manatee Beach Park Free & Open to the Public	DIABETES 941.748.4501 x6410 FITNESS 941.748.4501 X6280 LAMP (Behavioral Health) 941.741.2995 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
8 "Fitness Mondays" @ Transit begins today	9	10 THE SKINNY ON WEIGHT LOSS Admin 12 – 12:45p	11	12	
Holiday Challenge Weigh Out! Weigh out with your Wellness Champion or at the Fitness Center (Mon: 9a - 12:30p & 2p - 5:30p; Tues: 7:30a - 12:30p & 3p - 5p; Wed: 9a - 11a & 1:30p - 6p; Thurs: 7:30a - 9a & 12p - 2p & 4p - 5:30p; Fri: 7a - 12p)					
15 County Offices Closed MLK Day	16	17	18	19 THE SKINNY ON WEIGHT LOSS Utilities 12p – 12:45p	
22 <u>Off-site Group Fitness Registration Opens – 6am</u> INTRO TO FITNESS Mondays (6 weeks) Fit Ctr 5:30p – 6:30p	23 YOU WON'T MISS IT: BETTER MEAL & SNACK IDEAS Utilities 12p – 12:45p A.W.E SELF-DEFENSE CLASS 5-Week Course Begins 1/23	24 INTRO TO FITNESS Wednesdays (6 weeks) Fit Ctr 12p – 12:45p	25 THE SKINNY ON WEIGHT LOSS Transit (Tallevast) Conf Room 12p – 12:45p <i>*Transit/Transit Fleet Personnel Only</i>	26	
29	30 THE SCIENCE BEHIND YOUR BLOOD SUGAR Palmetto Library 5:30p – 7p	31 THE LOW CARB LOWDOWN Utilities 12p – 12:45p MONEY POWER HOUR Crush your financial goals Admin 3 rd Flr 12p – 12:45p	Can't make it to the gym? Check out the Fitness Center's new YouTube channel with at-home workouts you can access anywhere!		

