

# January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>QE Packets available online. Schedule your wellness exam &amp; plan which Diabetes or Tobacco QE you will complete (if applicable)</p>	1	2	3	4
	<p><b>County Offices Closed</b> <b><i>New Year's Day</i></b></p>			5
7	8	9	10	11
	<p><b><u>KETO? PALEO? GET THE SCIENCE</u></b> Transit   12p – 12:45p</p>		<p><b><u>INTRO TO FITNESS</u></b> Admin   12p – 12:45p</p>	<p><b><u>ROW &amp; RUN TO THE RANCH</u></b> Florida Sheriff's Youth Ranch</p>
<p><b>Holiday Challenge Weigh Out!</b> Weigh out with your Wellness Champion or at the Fitness Center (Mon: 11:30a - 1:30p &amp; 4p - 5:30p; Tues: 7:30a – 9a &amp; 11:30a – 1:30p; Wed: 7:30a - 9a &amp; 11:30a - 1:30p &amp; 4p – 5:30p; Thurs: 11:30a - 1:30p &amp; 4p - 5:30p; Fri: 7:30a - 9a &amp; 11:30a - 1:30p)</p>				
14	15	16	17	18
<p>Healthy Wage Weight Loss Challenge Coming in February – Gather your team and stay tuned!</p>			<p><b><u>INTRO TO FITNESS</u></b> Transit   12p – 12:45p</p>	
21	22	23	24	25
<p><b>County Offices Closed</b> <b><i>Martin Luther King Jr. Day</i></b></p>	<p><b><u>Off-Site Group Fitness Registration Opens 6am for Feb-April Session</u></b></p> <p><b><u>KETO? PALEO? GET THE SCIENCE</u></b> PW   12p – 12:45p</p>	<p><b><u>FEEL BETTER. LIVE BETTER. BE BETTER.</u></b> Admin   12p – 12:45p</p>	<p><b><u>WAYS TO IMPROVE HEALTH FIRST LAB VALUES</u></b> MSO Ops   12p – 12:45p <i>*Open to MSO/CPID Only*</i></p>	
28	29	30	31	
	<p><b>LAMP TIP:</b> Are you constantly criticizing and judging yourself? If so, try talking to yourself the way you would talk to a friend or loved one. <a href="#">Read more.</a></p>		<p><b><u>WAYS TO IMPROVE HEALTH FIRST LAB VALUES</u></b> PW   12p – 12:45p</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**

