

Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p>Check out our website for community events like:</p> <ul style="list-style-type: none"> • AWE Self-Defense Class • Smart Couples Classes • Fort Hammer 5K/10K Run • Nike Run Club 	<p>4</p> <p>County Offices Closed Independence Day</p>	<p>5</p> <p>2 Months Left to Complete Qualifying Events! DEADLINE: AUG 31 <i>(Does not apply to new enrollees 4/1/16 or later)</i></p>	<p>6</p> <p>Yweight? 9a-12p Admin Bldg 4th Floor</p> <p><u>NUTRITIONU: EAT, DRINK & BE MINDFUL</u> 12p – 12:45p PW Fleet</p>	<p>Weight Watchers meets every Friday at noon in Admin Bldg. July 7th Meeting in Community Services Conference Room A, 3rd floor.</p> <p>Join any time</p>	<p>TOBACCO COURSE 941-748-4501 x6469</p> <p>DIABETES PROGRAMS 941-748-4501 x6410</p>
<p>Schedule a one-on-one weigh out at EHB or Fitness Center. <u>BY APPOINTMENT ONLY</u></p> <p>EHB July 7, 7a-1p July 12, 7a-6p July 13, 7a-6p</p> <p>Fitness Center July 12, 6:30a-Noon & 4p-6p July 14, 6:30a-2:30p</p>	<p>11</p> <p>Yweight? 10a-1p Tax Collector</p> <p><u>NUTRITIONU: MAKE HORMONES WORK BETTER</u> 12p – 12:45p Utilities</p> <p><u>FITNESSU: STAY IN THE GAME</u> 12p – 12:45p Admin Bldg</p> <p><u>THRIVING WITH DIABETES</u> July 11 & 18, 5:30p-7:30p MMH</p> <p><u>FITNESSU: ACTIVE ISOLATED STRETCHING</u> 6p – 6:45p Palmetto Library</p>	<p>12</p> <p><u>NUTRITIONU: NUTRITION MYTHS DEBUNKED</u> 12p – 12:45p MSO Ops <i>*MSO/CPID Only</i></p>	<p>13</p> <p><u>DECONSTRUCTING THE “DEAL”</u> 4p – 4:45p MSO Training Ctr</p> <p><u>BOOST INCOME: BUILD A SIDE HUSTLE</u> 5:30p – 6:15p Palmetto Library</p>	<p>14</p> <p><u>THE 5 STAGES OF INVESTING</u> 12p – 12:45p PW</p> <p><u>JULY NEWSLETTER</u> Bladder cancer is the 4th most common cancer in men – learn what you can do to reduce your risk.</p>	<p>NUTRITION PROGRAMS 941-748-4501 x6464</p> <p>PHARMACY ADVOCATE 941-748-4501 x6406</p> <p>LIFESTYLE ASSISTANCE & MODIFICATION PROGRAM [LAMP] 941-741-2995</p>
<p>17</p> <p><u>DIABETES WORKSHOP: SURVIVAL SKILLS</u> July 17 & 19 , 5:30p-7:45p Central Library</p>	<p>18</p> <p>Yweight? 7a-8:30a PW Myakka</p> <p><u>ICMA 457 RETIREMENT PLAN</u> [BOCC employees] 10a-3p Admin Bldg</p> <p><u>NUTRITIONU: BEYOND THE PLATE</u> 6p – 7p Palmetto Library</p>	<p>19</p> <p>Yweight? 7a-10a PW (26th Ave)</p> <p><u>NATIONWIDE 457 RETIREMENT PLAN</u> [BOCC employees] 11a-3p Admin Bldg</p>	<p>20</p> <p>Yweight? 6:30a-9:30a Utilities</p>	<p>21</p> <p>Yweight? 8:30a-10:30a MSO Ops <i>*MSO/CPID Only</i></p> <p><u>THE 5 STAGES OF INVESTING</u> 12p – 12:45p MSO Ops <i>*MSO/CPID Only</i></p>	<p>YOURCHOICE WELLNESS CENTERS 3 Locations 941-741-2997</p> <p>YOURCHOICE FITNESS CENTER 1012B Manatee Ave W Hours: M-F 5a-9p Sat 7a-12p, Sun closed 941-748-4501 x3979</p>
<p>24</p> <p><u>OFF-SITE GROUP FITNESS REGISTRATION OPENS AT 6AM</u></p>	<p>25</p> <p>Yweight? 9a-12p Admin Bldg 4th Floor</p>	<p>26</p> <p><u>GROUP FINANCIAL COACHING: CRUSH YOUR DEBT</u> 12:15p – 1p Admin Bldg</p> <p><u>BEACH YOGA</u> Last Wednesday of the Month Manatee Beach Park 6p – 7p</p>	<p>27</p> <p>Yweight? 6a-9a MSO Training Ctr</p>	<p>28/29</p> <p>Yweight? FRI: 6a-9a MSO Training Ctr SAT: 8a-11a MMH Auditorium</p> <p><u>DECONSTRUCTING THE “DEAL”</u> Fri, July 28, 12p – 12:45p Utilities</p> <p><u>DIABETES ROAD TRIP</u> Sat, July 29, 12p-3:30p Palmetto Library</p>	<p>HEALTH BUCK PROGRAMS Exercise Management FitNuts Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p>
<p>31</p> <p>Yweight? 4:30p-7:30p MMH Auditorium</p>					<p>FORMS AVAILABLE ONLINE</p>

