

# July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <b>YWEIGHT</b> <i>by appt only</i> EHB   7a-9a	4 <b>County Offices Closed</b> <b>Independence Day</b>	5	6 <b>YWEIGHT</b> <i>by appt only</i> Fit Ctr   6:30a-8:30a
<b>QUALIFYING EVENTS COUNTDOWN</b> Time is running out! If you have any remaining QE's, make a plan for completing them ASAP!	10 <b>YWEIGHT</b> <i>by appt only</i> EHB   7a-9a Fit Ctr   7:30a-8:30a	11 <b>NATIONWIDE 457 PLAN (BCC)</b> 11a – 3p   Admin Bldg  <b>FINANCIAL WELLNESS GAMESHOW</b> <i>*Transit Only*</i> Transit   12p – 12:45p  <b>YWEIGHT</b> <i>by appt only</i> Fit Ctr   4p-6p	12 <b>SKELETAL FITNESS</b> Utilities   12p – 12:45p  <b>YWEIGHT</b> <i>by appt only</i> EHB   4p-5:30p  <b>GOOD, BAD &amp; UGLY OF DINING OUT</b> Palmetto Lib   6p – 7p	13 <b>YWEIGHT</b> <i>by appt only</i> Fit Ctr   6:30a-8:30a  <b>BECOME AN EXPERT IN YOUR OWN LIFE</b> <i>*MSO/CPID Only*</i> MSO Ops   12p – 12:45p 14 <b>FRUSTRATION FREE</b> Braden River Lib.   9a – 12p
	<b>REMEMBER</b> YourChoice Health Plan Members get \$250 Wellness Reimbursement every year on qualified purchases!	17 <b>YWEIGHT</b> <i>walk-in only</i> Tax Collector   11a-1p  <b>BOUNCE BACK FROM ADVERSITY</b> Admin   12p – 12:45p  <b>MINDFUL EATING</b> EHB   5:30p – 6:30p	18 <b>YWEIGHT</b> <i>appt or walk-in</i> PW-HWY Myakka   7a-8:30a  <b>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</b> MSO Ops   12p – 12:45p <i>*MSO/CPID Only*</i>  <b>REAL REASON PEOPLE DON'T TAKE THEIR MEDS</b> Central Lib   6p – 7p	19 <b>YWEIGHT</b> <i>appt or walk-in</i> Utilities   6:30a-9a
23 <b>Off-Site Group Fitness Registration Opens at 6am</b>	24 <b>YWEIGHT</b> <i>appt or walk-in</i> Admin Bldg   9a-11a  <b>FRUSTRATION FREE</b> Braden River Lib.   5p – 7:45p  <b>THE LOW CARB LOWDOWN</b> Palmetto Lib   6p – 7p	25 <b>YWEIGHT</b> <i>walk-in only</i> MSO Ops   8a-9:30a <i>*MSO/CPID Only*</i>  <b>MONEY POWER HOUR</b> <b>Life Insurance &amp; Benefits</b> Admin 3 <sup>rd</sup> Flr   12p – 12:45p	26 <b>YWEIGHT</b> <i>walk-in only</i> MSO Training Ctr   6a-9a	27 <b>YWEIGHT</b> <i>walk-in only</i> MSO Training Ctr   6a-9a  <b>CORTISOL CONNECTION</b> Admin   12p – 12:45p 28 <b>YWEIGHT</b> <i>appt or walk-in</i> MMH   8a-11a  <b>DIABETES SURVIVAL SKILLS</b> Central Lib   11:30a – 4:30p
30	31 <b>YWEIGHT</b> <i>walk-in only</i> MMH   5:30p-7:30p		Check out our <a href="#">website</a> under Financial Wellness for upcoming community-based homebuyer's educational workshops sponsored by MCG's Redevelopment and Economic Opportunity Department (REO).	



## **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**

