

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday	
QE TIMELINE You should have already scheduled your doctor appointment(s) and lab work. If you are nicotine exposed, determine what <u>QE option</u> you are going to complete.		Mud Endeavor April 7th! Sign up with code MANATEEYOURCHOICE for a discounted registration fee of \$34.95	1 <u>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</u> Utilities 12p – 12:45p	2 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 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
5 HAPPY BACK Transit 12p – 12:45p <i>Transit/Transit Fleet Only</i>	6	7 <u>THE LOW CARB LOWDOWN</u> PW 12p – 12:45p	8 <u>WHAT IS HEALTH COACHING?</u> Admin 12p – 12:45p HAPPY BACK MSO Ops 12p – 12:45p <i>MSO/CPID Personnel Only</i>	9/10 <u>PROBIOTICS 101</u> Transit 12p – 12:45p <i>Transit/Transit Fleet Only</i> FRUSTRATION FREE! Sat, March 10, 9a -12p Braden River Library	
12 That shamrock shake has 560 calories. If you're watching your weight, you might want to rethink your drink. 	13 <u>TOBACCO CESSATION</u> Utilities 3:30p – 5:30p	14 <u>NATIONWIDE 457 PLAN (BCC EMPLOYEES)</u> 11a – 3p Admin Bldg	15 <u>THE GOOD, THE BAD & THE UGLY OF DINING OUT</u> PW 12p – 12:45p <u>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</u> (En Español) Palmetto Library 5:30p – 7p	16	
19	20 <u>YOU WON'T MISS IT: BETTER MEAL & SNACK IDEAS</u> PW 12p – 12:45p <u>THE LOW CARB LOWDOWN</u> Palmetto Library 6p – 7p	21 <u>MONEY POWER HOUR</u> Social Security Admin 3 rd Flr 12p – 12:45p	22 <u>THRIVE THROUGH MENOPAUSE</u> Admin 12p – 12:45p <u>BECOME AN EXPERT IN YOUR OWN LIFE</u> Palmetto Library 6p – 7p	23	
26	27	28 <u>BECOME AN EXPERT IN YOUR OWN LIFE</u> PW 12p – 12:45p	29	30	

