

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Don't let <u>Qualifying Events</u> sneak up on you this year. You should have already scheduled your wellness exam and lab work. Now, make appointments for any age-based screenings you may need!		CHALLENGE YOURSELF TO TRY SOMETHING NEW and keep your body and brain working optimally. <u>We compiled a list of 30 items</u> – how many are you willing to try?		1
4 Cook breakfast once and eat all week with this low-carb egg muffin recipe!	5 <u>INTRO TO FITNESS</u> Admin 12p – 12:45p <u>LIVING PAYCHECK TO PURPOSE</u> Palmetto Lib 5:30p – 6:30p March 5, 12, 19 & April 2	6 <u>INTRO TO FITNESS</u> Transit 12p – 12:45p	7 <u>HEART LOVE, SESSION 2</u> PSC, 12p – 12:45p <u>NATIONWIDE 457 PLAN (BCC)</u> 11a – 3p Admin Bldg	8 Take a <u>15-minute stretch break</u> , 7am at the YourChoice Fitness Center (also offered Tues & Thurs at 10:30am)
11 <u>SMART COUPLES FLORIDA</u> Free Relationship Skills Workshops. Visit smartcouples.org for more info	12	13 <u>INTRO TO FITNESS</u> Utilities 12p – 12:45p <u>FEEL BETTER. LIVE BETTER. BE BETTER.</u> PW 12p – 12:45p	14	15 <u>LAMP TIP</u> Simplify your life! Identify what is important and eliminate the rest. Say no to extra commitments, mindfully complete tasks, and carve out time to re-energize!
18	19 <u>TOBACCO CESSATION</u> Utilities 3:30p – 5p	20 <u>FEEL BETTER. LIVE BETTER. BE BETTER.</u> Admin 12p – 12:45p	21 <u>FRS WORKSHOPS:</u> <i>Income Tax Planning</i> Admin 1p – 2:30p <i>Estate & Insurance Planning</i> Admin 2:45p – 4:15p	
25	26 <u>INTRO TO FITNESS</u> PSC 5p – 5:45p	27	28	29 30 <u>Mud Endeavor</u> Save the date! More details coming soon!

- DIABETES**
941.748.4501 x6410
- FITNESS**
941.748.4501 X3979
- 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**

