

Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p>1</p> <p>YOURCHOICE FITNESS CENTER NOW OPEN 24/7</p>	<p>2</p> <p><u>NUTRITIONU: VIRTUAL SUPERMARKET TOUR</u> 12p – 12:45p Admin Bldg</p> <p><u>THRIVING WITH DIABETES</u> May 2 & 10 5:30p – 7:30p MMH</p>	<p>4 Months Left to Complete Qualifying Events!</p> <p>DEADLINE: AUG 31 <i>(Does not apply to new enrollees 4/1/16 or later)</i></p>	<p>YOGA @ LIBRARY Thursdays 11a – Noon Central Library</p> <p>Free and open to the public. Please wear loose, comfortable clothing, and bring a mat or towel.</p>	<p>5</p> <p><u>SATURDAY TOBACCO CLASS</u> Sat May 6 9a – 1p Public Works East Hwy</p>	<p><u>TOBACCO COURSE</u> 941-748-4501 x6469</p> <p><u>DIABETES PROGRAMS</u> 941-748-4501 x6410</p>
<p>8</p> <p><u>FITNESSU: ACTIVE ISOLATED STRETCHING</u> 12p – 12:45p Admin Bldg</p>	<p>9</p> <p><u>NUTRITIONU: MAKE HORMONES WORK BETTER</u> 12p – 12:45p Public Works</p> <p><u>FINANCIAL WELLNESS: SOC. SEC.</u> 12p – 12:45p Admin 4th Flr</p> <p><u>HOT TOPICS IN PREVENTING DIABETES</u> 6p – 7p Palmetto Library</p>	<p>10</p> <p> <u>MOVE THROUGH MAY CHALLENGE</u> Walk 10,000 steps 4 days a week throughout the month of May to earn a YourChoice gift certificate!</p>	<p>11</p> <p><u>NUTRITIONU: NUTRITION MYTHS DEBUNKED</u> 12p – 12:45p Transit</p> <p><u>FINANCIAL WELLNESS: SOC. SEC.</u> 12p – 12:45p PW Conf A</p> <p><u>NUTRITIONU FOCUS ON FAST</u> 6:30 – 7:15p MSO Dist 3 MSO Only</p> <p><u>DIABETES ROADTRIP: YOU GOT THE POWER</u> 6p – 7p Palmetto Library</p>	<p>12</p> <p><u>NUTRITIONU FOCUS ON FAST</u> 6:30p – 7:15p MSO Dist 3 MSO Only</p>	<p><u>NUTRITION PROGRAMS</u> 941-748-4501 x6464</p> <p><u>PHARMACY ADVOCATE</u> 941-748-4501 x6406</p> <p><u>LIFESTYLE ASSISTANCE & MODIFICATION PROGRAM [LAMP]</u> 941-741-2995</p>
<p>15</p> <p> Quit & Stay Quit Monday</p>	<p>16</p> <p><u>FITNESSU: STAY IN THE GAME</u> 12p – 12:45p Public Works</p> <p><u>FINANCIAL WELLNESS: SOC. SEC.</u> 12p – 12:45p MSO Ops MSO Only</p> <p><u>PREVENT DIABETES: STAY MOTIVATED</u> 5:30p – 6:30p EHB</p> <p><u>DIABETES ROADTRIP: DINOSAURS IN YOUR MED CABINET</u> 6p – 7p Palmetto Library</p>	<p>17</p> <p><u>NATIONWIDE 457 PLAN [BCC]</u> 11a – 3p Admin 3rd Flr</p>	<p>18</p> <p><u>FINANCIAL WELLNESS: SOC. SEC.</u> 12p – 12:45p Utilities</p>	<p>Weight Watchers meets every Friday at noon in the admin building, 1st floor chambers. Join any time</p> <p style="background-color: blue; color: white; padding: 5px;">Last day to schedule Saturday Lab draw at Quest PSC Ellenton on 6/3</p>	<p><u>YOURCHOICE WELLNESS CENTERS</u> 3 Locations 941-741-2997</p> <p><u>YOURCHOICE FITNESS CENTER</u> 1012B Manatee Ave W Hours: M-F 5a-9p Sat 7a-12p, Sun closed 941-748-4501 x3979</p>
<p>22</p> <p><u>NUTRITIONU: EAT, DRINK & BE MINDFUL</u> 5:30p – 6:15p Central Library</p>	<p>23</p> <p><u>FINANCIAL WELLNESS: SOC. SEC.</u> 4p – 4:45p MSO Training Ctr</p>	<p>24</p> <p><u>FINANCIAL WELLNESS: SOC. SEC.</u> 5:30p – 6:15p Central Library</p>	<p>25</p> <p><u>NUTRITIONU: NUTRITION MYTHS DEBUNKED</u> 12p – 12:45p Utilities</p> <p><u>DIABETES ROADTRIP: THE 2 FILTERS INSIDE YOU</u> 6p – 7p Palmetto Library</p>	<p>FITNESS FUN DAY JUNE 3 Dragon Boat Festival Join The Fun!</p> <p></p>	<p><u>HEALTH BUCK PROGRAMS</u> Exercise Management FitNuts Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p>
<p>29</p> <p>County Offices Closed Memorial Day</p>	<p>30</p>	<p>31</p> <p><u>GROUP FINANCIAL COACHING: EFFECTIVE BUDGETING</u> 12:15p – 1p Admin Bldg</p> <p><u>BEACH YOGA</u> Last Wednesday of the Month Manatee Beach Park 6p – 7p</p>	<p>YWEIGHT EARLY ENROLLMENT May Schedule Register at manateeyourchoice.com/yweight</p> <p>EHB: Tues: 7a–1p & 4p–5:40p Wed: 7a–3p & 4p–6p</p> <p>FITNESS CENTER: Tues: 10a–12p, 1–2p, 4–6p Wed: 6:30–8:30a, 10a–12p, 1–2p, 4–6p Fridays: 6:30–8:30m, 10a–12p, 1–2p</p>		<p><u>FORMS AVAILABLE ONLINE</u></p>