

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Yweight?</p> <p>Check out the May/June schedule and register at manateeyourchoice.com/yweight.</p>	<p>1</p> <p>New Off-Site Group Fitness Schedule Begins Today!</p>	<p>2</p> <p><u>THE LOW CARB LOWDOWN</u> Admin 12p – 12:45p</p>	<p>3</p> <p><u>PROBIOTICS 101</u> Admin 12p – 12:45p</p>	<p>4</p> <p><u>BENEFITS OF ACUPUNCTURE</u> PW 12p – 12:45p</p> <p>5</p> <p><u>TOBACCO CESSATION</u> PW Myakka 10a – 12p</p> <p><u>FRUSTRATION FREE</u> Bradley River Lib. 2p – 5p</p>
<p>7</p>	<p>8</p> <p><u>BUILDING BLOCKS OF A HEALTHY FAMILY</u> PW 12p – 12:45p</p> <p><u>MINDFUL EATING</u> Admin 12p – 12:45p</p>	<p>9</p> <p><u>TOBACCO CESSATION</u> Central Lib. 5:30p – 7:30p</p>	<p>10</p> <p><u>YOU WON'T MISS IT</u> Admin 12p – 12:45p</p> <p><u>BECOME AN EXPERT IN YOUR OWN LIFE</u> Palmetto Lib. 6p – 7p</p>	<p>11</p>
<p>14</p>	<p>15</p>	<p>16</p> <p><u>NATIONWIDE 457 PLAN (BCC)</u> 11a – 3p Admin Bldg</p> <p><u>BUILDING BLOCKS OF A HEALTHY FAMILY</u> Admin 12p – 12:45p</p>	<p>17</p> <p><u>BUILDING BLOCKS OF A HEALTHY FAMILY</u> MSO Ops 12p – 12:45p</p> <p><u>PROBIOTICS 101</u> MSO Training Ctr 12p – 12:45p</p> <p><u>BOUNCE BACK FROM ADVERSITY</u> Transit 12p – 12:45p</p>	<p>18</p> <p>19</p> <p><u>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</u> Palmetto Lib. 12:30p – 2p</p>
<p>21</p> <p><u>DIABETES SURVIVAL SKILLS</u> Central Library May 21 & 23 5:30p – 7:45p</p>	<p>22</p> <p><u>BONE BUILDERS (part 1)</u> Admin 12p – 12:45p</p> <p><u>OSTEOPOROSIS AND YOUR SKELETAL FITNESS</u> PW 12p – 12:45p</p>	<p>23</p> <p><u>BUILDING BLOCKS OF A HEALTHY FAMILY</u> Utilities 12p – 12:45p</p> <p><u>BONE BUILDERS (part 2)</u> Fitness Ctr 12p – 12:45p</p> <p><u>UNDERSTANDING BLOOD SUGAR PREVENT DIABETES</u> Admin 12p – 12:45p</p>	<p>24</p>	<p>25</p> <p>May is Bike Month! Complete <u>Bike Month Bingo</u> for a chance to win a \$25 Dick's Sporting Goods gift card, 5 free classes at Legz Jr, and other prizes!</p>
<p>28</p> <p>County Offices Closed Memorial Day</p>	<p>29</p>	<p>30</p> <p><u>MONEY POWER HOUR</u> Medicare/Supplements Admin 3rd Flr 12p – 12:45p</p> <p><u>BONE BUILDERS (part 2)</u> Fitness Ctr 12p – 12:45p</p>	<p>31</p> <p><u>BENEFITS OF ACUPUNCTURE</u> Palmetto Lib. 5:30p – 6:15p</p>	<p><u>QE TIMELINE</u> Have you completed your QEs? Submit your form to your insurance coord!</p>



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

