

Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p><b>NEW INTRO TO FITNESS COHORTS BEGIN NOV 6. Space is limited! Registration closes Nov 2</b></p>	<p><b>Annual Enrollment</b> Oct 27 – Nov 10 manateeyourchoice.com/AE</p> <p><a href="#">Click here to watch a video overview of changes.</a></p>	<p><b>1</b> <b>Off Site Group Fitness Nov 1 – Jan 31 Session Begins Today</b></p> <p><b>EHB TOWN HALL</b> 11:30a – 12:30p   Port Auth.</p>	<p><b>2</b> <b>EHB TOWN HALL</b> 7:30a – 8:30a   Public Works</p>	<p><b>3</b> <b>EHB TOWN HALL</b> 10:30a – 11:30a   Admin Bldg</p> <p><b>SMART HOLIDAY EATING</b> 12p – 12:45p   Admin Bldg</p>	<p><b>TOBACCO ADVOCATE</b> 941-748-4501 x6464</p> <p><b>DIABETES PROGRAMS</b> 941-748-4501 x6410</p> <p><b>NUTRITION PROGRAMS</b> 941-748-4501 x6464</p> <p><b>PHARMACY ADVOCATE</b> 941-748-4501 x6406</p> <p><b>LIFESTYLE ASSISTANCE &amp; MODIFICATION PROGRAM [LAMP]</b> 941-741-2995</p> <p><b>YOURCHOICE WELLNESS CENTERS</b> 3 Locations 941-741-2997</p> <p><b>YOURCHOICE FITNESS CENTER</b> 1012B Manatee Ave W Open 24/7 941-748-4501 x3979</p> <p><b>HEALTH BUCK PROGRAMS</b> Exercise Management Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p> <p><b>FORMS AVAILABLE ONLINE</b></p>
<p><b>6</b> <b>EHB TOWN HALL</b> 7a – 8a   Utilities 8:30a – 9:30a   Utilities 12p – 1p   MSO Ops* <i>*MSO/CPID Personnel Only</i></p>	<p><b>7</b> <b>EHB TOWN HALL</b> 7a – 8a   Wastewater</p> <p><b>FINANCIAL WELLNESS: MEDICARE</b> 12p – 12:45p   Admin Bldg</p>	<p><b>8</b> <b>EHB TOWN HALL</b> 10:30a – 11:30a   Sup. of Elec.</p>	<p><b>9</b></p>	<p><b>10/11</b></p> <p><b>County Offices Closed</b> <i>Veterans Day</i></p> <p><b>Last Day for Annual Enrollment!</b></p>	
<p><b>13</b> <b>FINANCIAL WELLNESS: SOCIAL SECURITY</b> 12p – 12:45p   MSO Ops <i>MSO/CPID Personnel Only</i></p>	<p><b>14</b></p>	<p><b>15</b> <b>SMART HOLIDAY EATING</b> 5:30p – 6:15p   Central Library</p>	<p><b>16</b> <b>HAPPY BACK FOR A HAPPY LIFE</b> 12p – 12:45p   MSO Ops <i>*MSO/CPID Personnel Only</i></p>	<p><b>17</b> <b>FITSGIVING</b> 12p – 2p   Fitness Center (Register by 11/15)</p> 	
<p><b>20</b> <b>NOVEMBER NEWSLETTER</b> November is American Diabetes Month. Learn about the different types of diabetes including risks, symptoms, and treatment.</p>	<p><b>21</b> <b>5 Health Benefits Of Your Thanksgiving Turkey</b> <i>(click to read)</i></p>	<p><b>22</b></p>	<p><b>23/24</b></p> <p><b>Happy Thanksgiving!</b> <b>County Offices Closed</b></p>		
<p><b>27</b> <b>Are you staying on track with the Holiday Challenge?</b></p> 	<p><b>28</b></p>	<p><b>29</b> <b>GROUP FINANCIAL COACHING: INSURANCE TO PROTECT YOUR FINANCIAL LIFE</b> 12:15p – 1p   Admin Bldg</p>	<p><b>30</b></p>		

