

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAVE LEFTOVER HALLOWEEN CANDY? Don't put yourself into a candy coma. YourChoice is accepting your leftover treats – we'll send to military personnel stationed abroad and our local food bank!</p>			<p>1 NEW OFF-SITE GROUP FITNESS SESSION BEGINS TODAY</p>	<p>2</p>
<p>5 INTRO TO FITNESS Transit 12p – 12:45p *Transit/Transit Flee Only</p>	<p>6</p>	<p>7</p>	<p>8 FLU SHOT CLINIC Convention Ctr 11a – 2p COUNTY HEALTH FAIR Convention Ctr 11a-2p HOW TO STAY YOUNG FOR THE FIRST 100 YEARS MSO Ops 12-12:45pm INTRO TO FITNESS PSC 12p – 12:45p</p>	<p>9 Annual Enrollment Ends Today! Stop by our table at the health fair for fun with bubbles, get a blood pressure check, "Ask a pharmacist", & lab review!</p> <p>10 OPEN STREETS MANATEE Sutton Park, Palmetto 9a - 2p Music & DJ, Bike rides, Zumba, Pilates, street vendors & more!</p>
<p>12 County Offices Closed Veterans Day</p>	<p>13 WORLD KINDNESS DAY KINDNESS CHALLENGE BEGINS TODAY! NATIONWIDE 457 PLAN (BCC) Admin Bldg 11a – 3p</p>	<p>14 COWORKER KINDNESS DAY KETO? PALEO? GET THE SCIENCE Utilities 12p – 12:45p MITIGATING THE COST OF LTC Public Works 12p – 12:45p</p>	<p>15 SELF KINDNESS DAY</p>	<p>16 COMMUNITY KINDNESS DAY FITSGIVING YC Fitness Ctr 11:30a – 2p</p> <p>17 FAMILY KINDNESS DAY TIDEWELL TURKEY TROT LWR Main Street WALK TO END ALZHEIMER'S Nathan Benderson Park</p>
<p>19 Enjoy cranberry sauce, but not the sugar? Click here for a refined-sugar free version!</p>	<p>20 Skip the cans and make a fresh, healthier green bean casserole! Click here for the recipe.</p>	<p>21 Lighten up your yams and try this sweet potato pecan casserole.</p>	<p>22/23 County Offices Closed Thanksgiving</p>	
<p>26</p>	<p>27</p>	<p>28 MONEY POWER HOUR Survive the Holidays without Breaking the bank Admin 3rd Flr 12p – 12:45p</p>	<p>29 HOW TO STAY YOUNG FOR THE FIRST 100 YEARS: SPINE HEALTH Admin 12-12:45pm</p>	<p>30</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

