

Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
HOLIDAY MAINTAIN YOUR WEIGHT CHALLENGE BEGINS OCTOBER 23RD! Visit manateeyourchoice.com for details!	3 <u>NATIONWIDE 457 RETIREMENT PLAN</u> [BOCC employees] 11a-3p Admin Bldg 3 rd Flr <u>AWE (SELF-DEFENSE CLASS)</u> 5-sessions begins Oct 3 View flyer for cost & more info	4	5 <u>FINANCIAL WELLNESS: SOCIAL SECURITY</u> 12p – 12:45p Utilities	6 <u>FLU SHOTS – ADMIN BLDG</u> 9a-1p Appts & walk in 1 st Floor Chambers	<u>TOBACCO ADVOCATE</u> 941-748-4501 x6464 <u>DIABETES PROGRAMS</u> 941-748-4501 x6410 <u>NUTRITION PROGRAMS</u> 941-748-4501 x6464 <u>PHARMACY ADVOCATE</u> 941-748-4501 x6406 <u>LIFESTYLE ASSISTANCE & MODIFICATION PROGRAM</u> [LAMP] 941-741-2995 <u>YOURCHOICE WELLNESS CENTERS</u> 3 Locations 941-741-2997 <u>YOURCHOICE FITNESS CENTER</u> 1012B Manatee Ave W Open 24/7 941-748-4501 x3979 <u>HEALTH BUCK PROGRAMS</u> Exercise Management Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy <u>FORMS AVAILABLE ONLINE</u>
9 <u>INTRO TO FITNESS COHORTS BEGINS THIS WEEK</u>	10 <u>FINANCIAL WELLNESS: SOCIAL SECURITY</u> 12p – 12:45p Admin Bldg	11 <u>FINANCIAL WELLNESS: SOCIAL SECURITY</u> 5:30p – 6:15p Central Library	12 <u>FINANCIAL WELLNESS: SOCIAL SECURITY</u> 12p – 12:45p Public Works	13 <u>BLOOD DRIVE</u> Admin Bldg 8am – 2:30pm <i>Appts preferred; walk ins welcome</i>	
16 <u>OCTOBER NEWSLETTER</u> What can a pharmacist do other than dispense medication? Find out in this month's newsletter.	17	18 <u>NATIONWIDE 457 RETIREMENT PLAN</u> [BOCC employees] 11a-3p Admin Bldg 3 rd Flr <u>FINANCIAL WELLNESS: SOCIAL SECURITY</u> 12p – 12:45p MSO Ops MSO/CPID Personnel Only	19 <u>THE SERIOUS CONSEQUENCES OF UNTREATED SLEEP APNEA</u> Webinar 12p – 1p	20	
23 <u>DIABETES WORKSHOP</u> Oct 23 & 25 5:30p – 7:45p Central Library <u>OFF-SITE GROUP FITNESS REGISTRATION OPENS @ 6AM</u> <u>HAPPY BACK FOR A HAPPY LIFE</u> 12p – 12:45p Admin Bldg	24 <u>YOUR BEST BRAIN</u> Oct 24 & 31 9a – 12p Admin Bldg Manatee Room <u>FINANCIAL WELLNESS: SOCIAL SECURITY</u> 4p – 4:45p MSO Training Ctr	25 <u>GROUP FINANCIAL COACHING: BEACH YOGA</u> 12:15p – 1p Admin Bldg Last Wednesday of the Month Manatee Beach Park 6p – 7p	26	27 Sugary & artificially sweetened drinks linked to Alzheimer's, poor memory, dementia and stroke. Click here to read more.	
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