

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAST CANCER & LIFESTYLE Admin 12p – 12:45p	2 FLU SHOT CLINIC Admin 9a – 12p	3 FLU SHOT CLINIC Transit 11:45a – 1:45p <i>*Transit/Transit Fleet Only</i>	4 FLU SHOT CLINIC North Cty WRF 7a – 8:30a Port Auth. 10a – 12p	5 FLU SHOT CLINIC MSO Ops 8:30a – 11:30a <i>*MSO/CPID Only</i>
8	9	10	11	6 COLLEGE READINESS CONF. Bayside Church, Bradenton
Starting Today! Bowled Life Food Truck Mondays 11am – 2pm 10 th Street W Downtown Bradenton	THE COMPLETE FINANCIAL MGMT WORKSHOP Sponsored by MCG HR Oct 12, 19, & 26 1p-4p Register by Oct 9	FLU SHOT CLINIC Admin 1p – 4p BOUNCE BACK FROM ADVERSITY PW 12p – 12:45p	FLU SHOT CLINIC Water Treat. 7a – 8:30a Landfill 9:30a – 10:30a BREAST CANCER & LIFESTYLE MSO Ops 12p – 12:45p MITIGATING THE COST OF LTC Palmetto Lib 5:30p	12 FLU SHOT CLINIC Utilities 6:45a – 9a 13 ROW & RUN TO THE RANCH Benefiting Florida Sheriff's Youth Ranch
Holiday Challenge: Maintain, Don't Gain Weigh in Oct 22-26 Click here for more info	16 FLU SHOT CLINIC PW 7a – 9a PAO 2:30p – 4:30p	17 FLU SHOT CLINIC Tax Collector 11a – 2p MINDFUL EATING PW 12p – 12:45p	18 HOW TO STAY YOUNG FOR THE FIRST 100 YEARS Transit 12-12:45pm <i>*Transit/Transit Fleet Only</i>	19 BLOOD DRIVE Admin Bldg 8a – 2:30p DEADLINE TO APPLY FOR HINGE HEALTH PROGRAM!
22 OFF-SITE GROUP FITNESS REGISTRATION OPENS 6AM KETO? PALEO? GET THE SCIENCE Admin 12p – 12:45p FLU SHOT CLINIC Central Library 3:30p – 6:30p DIABETES SURVIVAL SKILLS Central Library Oct 22 & 24 5:30p – 7:45p	23 NATIONWIDE 457 PLAN (BCC) 11a – 3p Admin Bldg FLU SHOT CLINIC MSO Central Jail 4p – 6p	24 FLU SHOT CLINIC MSO Central Jail 4p – 6p MITIGATING THE COST OF LTC Admin 12p – 12:45p	25 YOUR BEST BRAIN, PART 1 Admin 9a – 12p	26
29	30	31 MONEY POWER HOUR Financial Planning for Retirement Admin 3 rd Flr 12p – 12:45p		27 BOO RUN 5K LWR Main Street



DIABETES

941.748.4501 x6410

FITNESS

941.748.4501 X3979

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

