


Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Programs
<p>4</p> <p>County Offices Closed <i>Labor Day</i></p>	<p>5</p> <p>WORK SITE FLU SHOTS Who's Eligible:</p> <ul style="list-style-type: none"> •Employees NOT on Health Plan •Adult Health Plan Members •Retirees <p>Manateeyourchoice.com/flu</p>	<p>6</p> <p>FLU SHOTS – TAX COLLECTOR 11a-2p Appts & walk in</p> <p>FLU SHOTS – CENTRAL LIBRARY 3:30p – 6:30p Appts & walk in</p>	<p>7</p>	<p>8</p>	<p>TOBACCO ADVOCATE 941-748-4501 x6464</p> <p>DIABETES PROGRAMS 941-748-4501 x6410</p> <p>NUTRITION PROGRAMS 941-748-4501 x6464</p> <p>PHARMACY ADVOCATE 941-748-4501 x6406</p> <p>LIFESTYLE ASSISTANCE & MODIFICATION PROGRAM [LAMP] 941-741-2995</p> <p>YOURCHOICE WELLNESS CENTERS 3 Locations 941-741-2997</p> <p>YOURCHOICE FITNESS CENTER 1012B Manatee Ave W Hours: M-F 5a-9p Sat 7a-12p, Sun closed 941-748-4501 x3979</p> <p>HEALTH BUCK PROGRAMS Exercise Management Yweight Diabetes Mission Control Prevent Diabetes Healthy Pregnancy</p> <p>FORMS AVAILABLE ONLINE</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>FLU SHOTS – ADMIN BLDG 9a-1p Appts & walk in</p>	<p>14</p>	<p>15</p>	
<p>18</p>	<p>19</p>  <p>YOUR BEST BRAIN Sept 19 & 26 9a – 12p Judicial Ctr</p> <p>FLU SHOTS - UTILITIES 7a-10a Appts & walk in</p> <p>FLU SHOTS – TRANSIT 11:45a-1:45p Walk in only Transit/Transit Fleet Only</p>	<p>20</p> <p>FINANCIAL WELLNESS: MEDICARE 12p – 12:45p MSO Ops MSO/CPID Only</p> <p>FLU SHOTS –CENTRAL JAIL 3p-7p Walk in only MSO Only</p>	<p>21</p> <p>FLU SHOTS – ADMIN BLDG 1p-5p Appts & walk in</p>	<p>22</p> <p>FLU SHOTS – PUBLIC WORKS 7a-10a Appts & walk in</p>	
<p>25</p> <p>FREE NUTRITION WEBINARS! Check out topics like:</p> <ul style="list-style-type: none"> •Life Hacks: Eat Healthy on a Busy Schedule •Steps to eating the Med Way •Diets: Fad or Fact •Interpreting Nutrition Claims •And more! <p>Click here for a list of available webinars from Eat Smart. Move More. Weigh Less.</p>	<p>26</p> <p>FINANCIAL WELLNESS: MEDICARE 4p – 4:45p MSO Training Ctr</p> <p>FLU SHOTS - PAO 2:30p – 4:30p Walk in only</p>	<p>27</p> <p>FLU SHOTS – NORTH RIVER WRF 7a-8:30a Walk in only</p> <p>FLU SHOTS – PORT AUTHORITY 10a – 12p Walk in only</p> <p>FINANCIAL WELLNESS: MEDICARE 5:30p – 6:15p Central Library</p> <p>GROUP FINANCIAL COACHING: MONEY & RELATIONSHIPS 12:15p – 1p Admin Bldg</p> <p>BEACH YOGA Last Wednesday of the Month Manatee Beach Park 6p – 7p</p>	<p>28</p> <p>FLU SHOTS – WATER TREAT. 7a-8:30a Walk in only</p> <p>FLU SHOTS – LANDFILL 10a-11a Walk in only</p>	<p>29</p> <p>FLU SHOTS – MSO OPS 8:30a -11:30a Walk in only MSO/CPID Only</p>	

