


# September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3  <b>County Offices Closed Labor Day</b>	4	5 Did you complete the <a href="#">water challenge</a> ? <b>Submit your challenge card today!</b> <i>(instructions on card)</i> 	6	7
10	11	12 <b><u>NATIONWIDE 457 PLAN (BCC)</u></b> Admin Bldg   11a – 3p	13	14
17	18	19	20 <b><u>HOW TO STAY YOUNG FOR THE FIRST 100 YEARS: SPINE HEALTH</u></b> Utilities   12-12:45pm	21  22 <b><u>LIFE;STORY 5K/10K</u></b> Nathan Benderson Park
24	25 <b>HINGE HEALTH WEBINAR</b> Mark your calendars to learn how this musculoskeletal program can help with your back or knee pain! More Info Coming Soon	26 <b><u>MONEY POWER HOUR</u></b> <b>Flexible Spending Accounts</b> Admin 4 <sup>th</sup> Flr   12p – 12:45p	27 <b><u>HOW TO STAY YOUNG FOR THE FIRST 100 YEARS: SPINE HEALTH</u></b> PW   11:30-12:15	28 <b>Flu Shots coming to work sites in October!</b>



- 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**

