



The Good, the Bad & the Ugly of Dining Out

Learn how to make the best choices and slash calories when dining out.
Instructed by Natalia Garcia

Date	Time	Location
Thursday, March 15	12p - 12:45p	Public Works, Conf Room 1&2 1100 26th Ave E, Bradenton
Friday, April 6	12p - 12:45p	Transit Fleet, Conference Room 2411 Tallevast Rd., Sarasota <i>Transit/Transit Fleet Personnel Only</i>
Tuesday, April 24	12p - 12:45p	Admin Bldg, Osprey Room 1112 Manatee Ave W, Bradenton
Wednesday, June 13	12p - 12:45p	MSO Ops, Media Classroom <i>*MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton
Thursday, July 12	6p - 7p	Palmetto Library 923 6th St. W, Palmetto
Thursday, August 9	6p - 7p	Palmetto Library 923 6th St. W, Palmetto
Saturday, August 18	1p - 2p	Palmetto Library 923 6th St. W, Palmetto
Tuesday, August 21	6p - 7p	Palmetto Library 923 6th St. W, Palmetto

Open to all employees and health plan members!

- Can be used to complete Qualifying Requirements for Diabetes Education for those members with 2017 Qualifying A1C at 7.1 to 8.9.
- This class counts as one group session in the Prevent Diabetes program.

Register at www.manateeyourchoice.com/register

(Select "The Good, the Bad & the Ugly" in the dropdown menu or use the search bar)

