



Got Apps?

You've learned how to sync your wearable devices, but what about the device everyone has? Your phone!

Register today to learn about the best free fitness and health apps to help you reach your wellness goals. Plus, find out what virtual fitness resources you have access to through the YourChoice Health Plan! Bring your smart phone, wearable device(s), and questions.

Instructed by Kathryn Raines

Date	Time	Location
Wednesday, June 6	12p - 12:45p	Public Works, Conf Room 1&2 1100 26th Ave E, Bradenton
Wednesday, June 12	12p - 12:45p	Transit Fleet, Conference Room 2411 Tallevast Rd., Sarasota Transit/Transit Fleet Personnel Only
Tuesday, June 19	12p - 12:45p	MSO Ops, Media Classroom 600 301 Blvd W, #202, Bradenton MSO/CPID Personnel Only
Wednesday, June 20	12p - 12:45p	Admin, 4th Floor Manatee Room 1112 Manatee Ave W, Bradenton
Friday, June 29	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton

Open to all employees and health plan members!

Register at www.manateeyourchoice.com/register

(Select "Got Apps?" in the dropdown menu or use the search bar)



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