



Frustration Free

Your guide to feeling fine and free of frustration. This 3-hour workshop will help you identify and overcome the barriers and challenges you face when managing your health in the real world.

Instructed by Jess Balos

Date	Time	Location
Saturday, March 10	9a - 12p	Braden River Library 4915 53rd Ave E, Bradenton
Saturday, May 5	2p - 5p	Braden River Library 4915 53rd Ave E, Bradenton
Saturday, June 9	9a - 12p	Braden River Library 4915 53rd Ave E, Bradenton
Thursday, June 14	5p - 7:45p	Braden River Library 4915 53rd Ave E, Bradenton
Saturday, July 14	9a - 12p	Braden River Library 4915 53rd Ave E, Bradenton
Tuesday, July 24	5p - 7:45p	Braden River Library 4915 53rd Ave E, Bradenton
Saturday, August 25	9a - 12p	Central Library 1301 Barcarrota Boulevard West, Bradenton

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 is a diabetes education requirement for those members with 2017 Qualifying A1C of 9.0 or above.
- This class counts as one group session in the Prevent Diabetes program.

Register at www.manateeyourchoice.com/register

(Select "Frustration Free" in the dropdown menu or use the search bar)

