

# Ways to Improve Lab Values



Learn strategies to improve and maintain your lab values for the new Health Bucks program, Health First. We will review what metabolic syndrome is, why it matters, and identify new habits that you can add to your routine to keep you healthy. Bring your most recent QE labs as a reference.

The presentation is from 12-12:45pm with optional time afterwards for individual lab assessments to review your labs and set personal goals to maintain and improve your values.

Instructed by Christina Edenfield, RD, LD/N

DATE	TIME	LOCATION
Thursday, January 24	12p - 12:45p	<b>MSO Ops, Media Classroom</b> <i>MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton <i>Register on PowerDMS</i>
Thursday, January 31	12p - 12:45p	<b>Public Works, Conf Room 1</b> 1022 26th Ave E, Bradenton
Tuesday, February 5	12p - 12:45p	<b>Utilities, Large Conference Room</b> 4410 66th St W, Bradenton
Wednesday, February 6	12p - 12:45p	<b>Admin Building, 4th Floor Osprey Room</b> 1112 Manatee Ave W., Bradenton
Wednesday, February 27	12p - 12:45p	<b>MSO Training Center, Classroom A</b> 14490 B Harlee Rd, Palmetto <i>Open to everyone</i>

Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)  
(select "Ways to Improve" in the dropdown menu or use the search bar)



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