


# August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>It's the Final Countdown!</b>  <u>Qualifying Events</u> are due this month! Get your lab work done if you haven't already, attend any remaining appointments, and submit your wellness exam form to your Insurance Coordinator or Employee Health Benefits!</p>			<p>1  <b>NEW OFF-SITE GROUP FITNESS SESSION BEGINS TODAY</b></p>	<p>2</p>
<p>5</p>	<p>6</p>	<p>7  <u><b>BONE BUILDERS CLINIC – NUTRITION</b></u>            Admin   12p – 12:45p</p>	<p><u><b>LAMP TIP: Stop Stress This Minute</b></u></p> <ul style="list-style-type: none"> <li>• Close your eyes and breathe in deeply (through your nose) to a count of 4</li> <li>• Hold that breath for a count of 4, then release for a count of 6.</li> <li>• Repeat this cycle three times</li> </ul>	
<p>12  <u><b>THE BASICS OF DIABETES</b></u>            Central Library   5:30P – 7:30P</p>	<p>13</p>	<p>14  <u><b>FINANCIAL WELLNESS FOR RETIREMENT: SOCIAL SECURITY</b></u>            Admin   12p – 1p</p> <p><u><b>BONE BUILDERS CLINIC – MEDICAL &amp; PHARMACY</b></u>            Admin   12p – 12:45p</p> <p><u><b>HEART LOVE, SESSION 2</b></u>            Central Library, 6p – 7p</p>	<p>15  <u><b>FINANCIAL WELLNESS FOR RETIREMENT: SOCIAL SECURITY</b></u>            MSO Ops   12p – 1p</p>	<p>16  <u><b>BLOOD DRIVE</b></u>            Admin   8a – 2:30p            Back Alley  <i>Appts appreciated, walk ins welcome!</i></p>
<p><b>Travel plans?</b> If your next prescription refill date is during your trip, contact the pharmacy benefits team for a vacation override to make sure you don't miss a dose. We can also help you find a pharmacy (US only) that is in our pharmacy benefits network. Just call us at 941-748-4501 x6418.</p>	<p>20    <u><b>VOYA WORKSHOP: MY ORANGE MONEY DEEP DIVE</b></u>            Admin   2p – 3p</p>	<p>21  <u><b>BONE BUILDERS CLINIC – FITNESS</b></u>            Fit Ctr   12p – 12:45p</p> <p><u><b>FINANCIAL WELLNESS FOR RETIREMENT: SOCIAL SECURITY</b></u>            PW   12p – 1p            MSO Jail   4p – 5p</p> <p><u><b>WHAT CAN I EAT?</b></u>            EHB   5:30P – 7:30P</p>	<p>22  <u><b>FINANCIAL WELLNESS FOR RETIREMENT: SOCIAL SECURITY</b></u>            Utilities   12p – 1p</p>	<p>23</p>
	<p>27  <u><b>COPING WITH DIABETES</b></u>            EHB   5:30P – 7:30P</p>	<p>28</p>	<p>29  <b>Worksite Flu Shot Clinics Coming in September!</b></p>	<p>30  <b>QE DEADLINE AUGUST 31, 2019</b></p>

**DIABETES**  
941.748.4501 x6410

**FITNESS**  
941.748.4501 X3979

**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**

