

# February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't let <u>Qualifying Events</u> sneak up on you this year. If you haven't scheduled your wellness exam and lab work, do that now!</p>		<p><b>NEW CHALLENGE FROM THE YOURCHOICE FITNESS CENTER: YOU VS YOU.</b> Make small daily goals for yourself, write it down on the board at the fitness center for accountability, then do it. Your name is entered to win a prize every week you participate. <a href="#">Click here for more info.</a></p>		<p>31</p>
<p>3</p>	<p>4 <b>VOYA ONE-ON-ONE CONSULTATIONS.</b> MCG Admin Call Diane directly at 813-281-3751 to schedule a consultation.</p>	<p>5</p>	<p>6 "The most important thing is to try and inspire people so that they can be great in whatever they want to do." <b>Kobe Bryant</b></p>	<p>7 <b>DID YOU KNOW</b> we partner with Beacon Advocates to provide care and support to our members with cancer? <a href="#">Click to learn more.</a></p>
<p>10</p>	<p>11 <b>HEALTH FIRST TIP - Ask a coworker/friend/family member to go for a walk. You will get in some great activity, hopefully destress, and process the day's events. Prefer to walk alone? Pop in some music or an audiobook and do it your way.</b></p> 		<p>13</p>	<p>14 <b>LAMP TIP: Show some love to someone in your life.</b> Close, quality relationships are key for a happy, healthy life.</p>
<p>17 <b>County Offices Closed</b> <i>President's Day</i></p>		<p>18</p>	<p>19</p>	<p>20 The online Tobacco course is <a href="#">available now</a> for those who need to complete tobacco QE requirements!</p>
<p>24 <b>BASICS OF DIABETES CARE</b> Central Library   5:30p – 7:30p</p>	<p>25</p>	<p>26 <b>WHAT CAN I EAT?</b> Central Library   5:30p – 7:30p</p>	<p>27</p>	<p>28 <b>SPIN TALKS</b> Fitness Ctr   11am "Why We Must Do New Things to Live a Happier Life"</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**

