


# June 2019

| Monday                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>You set goals and you've tried a new approach – now it's time to set yourself up for continued success by spring cleaning your environment. <a href="#">Check out our list of things you can do to help achieve your goals.</a></p> |                                                                                                                                                                           |                                                                                                                                                                                                                                                                               | <p><b>Coming Up in July:</b></p> <ul style="list-style-type: none"> <li><a href="#">Financial Wellness for Retirement: Medicare</a></li> </ul>                                                                                                                                                         | <p><b>Medication Therapy Management @ PW</b> in June. Schedule an appt at <a href="http://manatee.timetap.com">manatee.timetap.com</a></p>                                        |
| <p>3</p> <p>Now is a great time to schedule any remaining appointments for <a href="#">Qualifying Events</a>.</p>                                                                                                                      | <p>4</p>                                                                                                                                                                  | <p>5</p> <p>Go for a quick jog &amp; release some endorphins — it's national running day!</p>                                                                                                                                                                                 | <p>6</p> <p>Going on a road trip? Make rest stops active! Take a brisk 10-minute walk and move around. Not only will it burn off some energy, but it can also help the driver feel rejuvenated and more alert.</p>  | <p>7</p>                                                                                                                                                                          |
| <p>10</p> <p><b><a href="#">ON THE ROAD TO HEALTH IN 90 DAYS</a></b><br/>Utilities   12p – 12:45p</p>                                                                                                                                  | <p>11</p> <p><b><a href="#">OVERCOMING OBSTACLES TO WEIGHT LOSS</a></b><br/>MCG Admin   12p – 12:45p</p>                                                                  | <p>12</p> <p><b><a href="#">ON THE ROAD TO HEALTH IN 90 DAYS</a></b><br/>PW   12:15p – 1p</p>                                                                                                                                                                                 | <p>13</p>                                                                                                                                                                                                                                                                                              | <p>14</p> <p><b><a href="#">BLOOD DRIVE</a></b><br/>Admin Bldg   8a – 2:30p</p> <p>15</p> <p><b><a href="#">LIVING PAYCHECK TO PURPOSE</a></b><br/>Palmetto Lib   9:30a – 1pm</p> |
| <p>17</p> <p><b><a href="#">ON THE ROAD TO HEALTH IN 90 DAYS</a></b><br/>MSO Ops   12p – 12:45p</p> <p><b><a href="#">HEART LOVE, SESSION 1</a></b><br/>Central Library, 6p – 7p</p>                                                   | <p>18</p> <p><b>LAMP TIP:</b> Try saying kind words to your co-workers every day. Positive words and thoughts can make us less stressed, happier and more productive.</p> | <p>19</p> <p><b><a href="#">MANAGING FOOD &amp; FEELINGS</a></b><br/>EHB   5:30p – 7:30p</p> <p><b><a href="#">BASICS OF DIABETES CARE</a></b><br/>Central Lib.   5:30p – 7:30p</p> <p><b><a href="#">ON THE ROAD TO HEALTH IN 90 DAYS</a></b><br/>Transit   12p – 12:45p</p> | <p>20</p>                                                                                                                                                                                                                                                                                              | <p>21</p> <p>It's the first day of summer! Take your lunch to the park or walk around the block with some coworkers.</p>                                                          |
| <p>24</p>                                                                                                                                                                                                                              | <p>25</p> <p><b><a href="#">COPING WITH DIABETES</a></b><br/>EHB   5:30p – 7:30p</p>                                                                                      | <p>26</p> <p><b><a href="#">ON THE ROAD TO HEALTH IN 90 DAYS</a></b><br/>MCG Admin   12p – 12:45p</p>                                                                                                                                                                         | <p>27</p> <p><b><a href="#">WHAT CAN I EAT?</a></b><br/>EHB   5:30p – 7:30p</p>                                                                                                                                                                                                                        | <p>28</p> <p>29</p> <p><b><a href="#">TOBACCO CESSATION</a></b><br/>Braden River Library<br/>10a – 11:30a</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**

