

March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>REMINDER: The QE Lab Deadline is June 30th. Schedule your Quest Lab Work today!</p>		<p>YOURCHOICE FITNESS CENTER CHALLENGE: YOU VS YOU. 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. Click here for more info.</p>		
2	<p>3</p> <p><u>VOYA ONE-ON-ONE CONSULTATIONS.</u> AM: Utilities PM: Public Works Call Diane directly at 813-281-3751 to schedule a consultation.</p>	4	5	<p>6</p> <p><u>SAVE THE DATE Mud Endeavor</u> April 4th</p> <p>Use discount code: MANATEEYOURCHOICE20</p>
9	<p>10</p> <p><u>DIABETES LISTENING SESSION</u> Utilities 12p – 1p</p>	<p>11</p> <p>It's National Nutrition Month! If you want help with your diet, consider working with a Registered Dietitian - Health Plan members get 5 free visits each year.</p>	12	<p>13</p> <p>LAMP TIP: Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.</p>
16	<p>17</p> <p>Planning to travel for Spring Break? Pack your medications, use sunscreen, eat your veggies, and stay active and hydrated!</p>	<p>18</p> <p>HEALTH FIRST TIP - Set a timer 30 minutes before you want to go to bed to start winding down</p>	19	20
23	24	<p>25</p> <p>Got back or joint pain? Sign up for Hinge Health and reduce your pain by 60% without drugs or surgery.</p>	<p>26</p> <p><u>TOBACCO CLASS</u> Utilities 3:30p-5:30p</p>	<p>27</p> <p><u>SPIN TALKS</u> Fitness Ctr 11am "Forget Big Change, Start With a Tiny Habit." BJ Fogg</p>
30	31			

- 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

