

# May 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>1 <b><u>POSTURE CLINIC</u></b> Fitness Ctr   12p – 12:45p May 1 &amp; 8</p>	<p>2</p>	<p>3 <b>Medication Therapy Management @ Utilities in May.</b> schedule an appt at <a href="http://manatee.timetap.com">manatee.timetap.com</a></p>
<p>6</p>	<p>7 <b><u>SKELETAL FITNESS</u></b> MCG Admin   12p – 12:45p  <b><u>SAVING FOR RETIREMENT</u></b> Palmetto Lib   5:30p – 6:30p</p>	<p>8 <b><u>TOBACCO CESSATION</u></b> Central Library   5:30p – 7p</p>	<p>9 <b><u>HEART LOVE, SESSION 2</u></b> Transit, 12p – 12:45p  <b><u>SKELETAL FITNESS</u></b> Utilities   12p – 12:45p</p>	<p>10  11 <b><u>DRAGON BOAT</u></b> Nathan Benderson Park</p>
<p>13 <b><u>MANAGING FOOD &amp; FEELINGS</u></b> Central Library   5:30p – 7:30p</p>	<p>14 <b><u>SKELETAL FITNESS</u></b> PW   10a – 10:45a</p>	<p>15</p>	<p>16 <b><u>SKELETAL FITNESS</u></b> MSO Ops   12p – 12:45p</p>	<p>17</p>
<p>20 <b><u>BASICS OF DIABETES CARE</u></b> Central Library   5:30p – 7:30p</p>	<p>21 <b>LAMP TIP: Tidy Up</b> Spend 10 minutes a day tidying up. Having an organized workspace not only improves productivity – it also helps you focus on the people around you.</p>	<p>22 <b><u>SAVING FOR RETIREMENT</u></b> Admin   12p – 12:45p  <b><u>OVERCOMING OBSTACLES TO WEIGHT LOSS</u></b> MSO Ops   12p – 12:45p  <b><u>POSTURE CLINIC</u></b> Utilities   12p – 12:45p  <b><u>WHAT CAN I EAT?</u></b> Central Lib   5:30p – 7:30p</p>	<p>23 <b>Qualifying Events Checklist:</b>  <ul style="list-style-type: none"> <li>✓ Schedule Lab Work</li> <li>✓ Make appt for wellness exam &amp; age-based screenings</li> <li>✓ Schedule tobacco and/or diabetes QE if applicable</li> <li><input type="checkbox"/> Submit Completed Wellness Exam Form</li> </ul> </p>	<p>24</p>
<p>27 <b>County Offices Closed</b> <i>Memorial Day</i></p>	<p>28 <b><u>COPING WITH DIABETES</u></b> EHB   5:30p – 7:30p</p>	<p>29 <b><u>NATIONWIDE 457 PLAN (BCC)</u></b> 11a – 3p   Admin Bldg</p>	<p>30</p>	<p>31</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**

