


September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="background-color: red; color: white; text-align: center; padding: 10px;">County Offices Closed Labor Day</p>	<p>3</p>	<p>4</p> <p>FLU SHOTS Transit 11:45a – 1:45p</p>	<p>5</p> <p>FLU SHOTS North Cty WRF 7a – 8:30a Port Auth 10a – 12p</p>	<p>6</p> <p>FLU SHOTS MSO Ops 8:30a – 11:30a</p> <p style="background-color: #e6f2ff; padding: 5px;">REMINDER: Wellness Reimbursement forms are due by December 31st!</p>
<p>9</p> <p>FINANCIAL WELLNESS FOR RETIREMENT: INCOME MAX Central Library 5:30p-6:30p</p>	<p>10</p> <p>FLU SHOTS Animal Svc 8a – 9a</p> <p>FINANCIAL WELLNESS FOR RETIREMENT: INCOME MAX Admin 12p – 1p</p>	<p>11</p> <p>BONE BUILDERS – NUTRITION Admin 12p – 12:45p</p> <p>FLU SHOTS Admin 1p – 4p</p>	<p>12</p> <p>FLU SHOTS Landfill 9:30a – 10:30a</p> <p>FINANCIAL WELLNESS FOR RETIREMENT: INCOME MAX MSO Ops 12p – 1p</p> <p>WHAT IS YOUR GUT TELLING YOU? Transit 12p – 12:45p</p>	<p>13</p> <p>FLU SHOTS Utilities 7a – 10a</p> <p style="background-color: #4a7ebb; color: white; padding: 5px;">KEEP YOUR EYE ON THE BALL: Walking 3X per week at home? Take this routine with you to the beach, the hotel grounds, your camp site...You can stay in the swing of things wherever you go!</p>
<p>16</p> <p>FLU SHOTS Central Library 3:30p – 6:30p</p> <p style="background-color: #fff9c4; padding: 5px;">LAMP TIP: Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.</p>	<p>17</p> <p>FLU SHOTS PW 7a – 10a PAO 2:30p – 4:30p</p>	<p>18</p> <p>BONE BUILDERS – MED/PHARM Admin 12p – 12:45p</p>	<p>19</p> <p>FLU SHOTS WTP 7a – 8:30a EHB 11a – 12p</p>	<p>20</p> <p>21 Life:Story 5k/10k Walk/Run Nathan Benderson Park</p>
<p>23</p> <p>FLU SHOTS FLU SHOTS Admin 9a – 12p MSO Jail 4p – 6p</p>	<p>24</p> <p>FLU SHOTS Admin 9a – 12p</p> <p>FINANCIAL WELLNESS FOR RETIREMENT: INCOME MAX Utilities 12p – 1p</p>	<p>25</p> <p>FLU SHOTS Tax Collector 11a – 2p MSO Jail 4p – 6p</p> <p>BONE BUILDERS – FITNESS YC Fit Ctr 12p – 12:45p</p> <p>FINANCIAL WELLNESS FOR RETIREMENT: INCOME MAX PW 12p – 1p</p>	<p>26</p> <p>WHAT IS YOUR GUT TELLING YOU? MSO Ops 12p – 12:45p</p> <p style="text-align: center;">VOYA <small>FINANCIAL</small></p> <p>VOYA WORKSHOP: MY ORANGE MONEY DEEP DIVE Admin 2p – 3p</p>	<p>27</p> <p style="background-color: #6a3d9a; color: white; padding: 10px;">Chair Massage for \$1/minute Downtown Fitness Center the second Friday of the month. Utilities Fitness Center the last Wednesday of the month. Sign up manateeyourchoice.setmore.com</p>
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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