

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Upcoming Classes In TRAC

Stress Management & Goal Achieving

8/28/2007 12-1:30pm

2817 Cattlemen, Room B

1FIT3013

Living with Change

08/30/2007, 9-10:00am

Admin Bldg, Training Room

1FIT3077

Posture & Flexibility

09/11/2007 12-1:30PM

2817 Cattlemen, Room B

1FIT3014

Getting It All Done:

Managing Time, Priorities & Deadlines

09/11/2007, 9-10:00am

Twin Lakes Park (6700 Clark Road),

Room A

1FIT3081

Life's Stages and How to Get Through Them Gracefully

09/12/2007, 11:30-1pm

Admin Bldg, Training Room

1FIT3056

How to Make a Habit of Success

09/18/2007 9-10:00am

Twin Lakes Park, Green Bldg Room

1FIT3082

Classes are open to SCG employees and spouses. Register in TRAC or contact nrotella@scgov.net for more information.

Change In Lifestyle Family Fitness Corporate Discount Rate

Effective August 31st, the Lifestyle Family Fitness online corporate rate will change to **\$41.99 p/m** for the **Passport Membership** (which allows access to all 46 clubs). The increase will not effect employees already enrolled. The new **Corporate One Membership**, which permits access to one primary location, is available **\$37.79 p/m**. Membership includes access to all classes and limited personal training sessions. This discount program is available online only at www.lff.com (click on memberships>Corporate Wellness) using the **Sarasota County Plan Code: 190560**.

Please contact David Bose at dbose@LFF.com or at 301-1633 for more information.

Healthy Food Choices at Work

Looking for a healthy lunch choice or snack? In a hurry? Check what's available at your own cafe on the 2nd floor of the Administration Bldg.! (1660 Ringling Blvd., Tel. 954-7775)

Strudels & Cream carries an assortment of:

- Salads - healthy and tasty ,made fresh daily, or call and order your own
- Fresh Fruit
- Healthy Snack Items - Baked Chips, Granola Bars, Trail Mix, Yogurt
- Veggie Wraps - Veggie Burgers - Grilled Chicken Sandwich
- Sandwiches are made with reduced fat Chicken, Tuna or Egg Salad
- Green Teas & 100% Fruit Juices
- Light mayo and light dressings available upon request
- New all natural cookies w/out trans fats and made with whole grains

Don't forget to ask about healthier options when ordering for catering.