

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Family Summer Classes On TRAC

Communicating without Conflict with Your Significant Other

Tuesday, July 3, 3-4 pm Admin, Training Room
1FIT3064

Education Planning: Funding the Future

Tuesday, July 10, 10:30-11:30 am Admin,
Training Room
1BENE004

Life after Divorce: Landing on Your Feet

Thursday, July 12, 3-4 pm BOB, Large Training Rm
1FIT3065

Stepfamilies: Challenges and Solutions

Thursday, July 19, 3-4 pm Admin, Training Room
1FIT3066

Establishing Bedtime Routines that Work

Thursday, July 26, 3-4 pm Twin Lake Park Room A
1FIT3067

Enjoying Your Empty Nest

Monday, July 30, 3-4 pm BOB, Large Training Room
1FIT3068

Register on TRAC or contact 232-6726

Classes are available to employees, if space is available the day before the class your spouse will be able to attend. Please contact 232-6726 to check availability.

Important Change Concerning Your Medical Insurance – Laboratory Services

Effective July 1, 2007 Quest Diagnostics will be the preferred Lab for all SCG medical plans. POSII and AHF participants please note LabCorp will no longer be in-network.

Don't wait in line, Quest labs accepts appointments please visit www.questdiagnostics.com/appointment or call 1-888-277-8772.

Summer Beach Runs on Siesta Key & Venice Beach



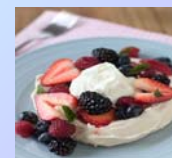
The Kids Summer Beach Runs go through Aug. 5th at Siesta Beach Pavilion, 948 Beach Road, Siesta Key and Venice Pier, 1600 Harbor Drive, Venice. The Siesta Beach Runs are every Tuesday and the Venice Beach Runs are every Wednesday. Registration begins at 5:30 p.m. at both locations, and runs start at 6:30 p.m. The one-mile runs are free, and kids who complete four runs receive a T-shirt. For more information, visit parksonline.scgov.net or contact the Call Center at 861-5000 and ask about the Kids Summer Beach Runs.

Whole Foods Tour and Cooking Class Tuesday, July 25th

Whole Foods Market is dedicated to offering high quality, minimally processed, flavorful & naturally preserved foods. Join us for a store tour and learn more about their products while sampling some interesting foods!

Tour 10:30-11:15

Register On TRAC 1FIT3031



Do you have a sweet tooth? Attend this **Wholesome Treats** class using all natural & organic ingredients. You will have the opportunity to taste some delicious yet nutritious desserts.

Cooking Class 11:15-12:15

Register On TRAC 1FIT3009

Class and tours will meet at:
Whole Foods Market, 1451 First Street