

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Enjoy Florida's Fresh Produce



Grapefruit is in the peak of its season. Not only is it nutritious and tastes great, but also is low in calories with half a grapefruit containing only 60 calories! This quick and easy breakfast treat provides 329% of the daily value (DV) for vitamin C, 104% DV for folate and 37% DV for vitamin A.

While we may think of grapefruit as primarily a breakfast food, it can also be a wonderful addition to your favorite green salad or enjoyed like an orange as a healthy snack.

Visit www.whfoods.com for more information.

Raffle for Paid Day Off!

Would you like to help a family member of a Sarasota County Government employee offset their post-secondary education costs? What if helping that student won *YOU* a paid-day-off from your job?! The 2007 Leadership Development Class & Alumni Association have put together a raffle that benefits an enrolled student who is a relative of county employees (BBC & Constitutional Officers) by contributing funds to help reduce their school expenses. Additionally, by donating to this fund, you enter a drawing to win a paid-day-off!

Obtain your raffle ticket(s) beginning March 15th through April 13th. The winner will be drawn by Commissioner Patterson on April 24th.

Here's how you can donate to a worthy cause and maybe win a paid-day-off in the process: 1st Obtain a Fund-Raising raffle ticket from one of the Leadership Association representatives. (\$1.00/raffle ticket, no maximum). 2nd Fill-out and hand-in the bottom part of your ticket to be entered in the drawing.

For more information on this event, or how to enter a family member to receive a scholarship; [please contact a member of the Leadership Development Class or send an e-mail to: \[LeadershipInfo@scgov.net\]\(mailto:LeadershipInfo@scgov.net\)](#)

New Group Fitness Classes! Beginning the week of April 2nd for 10 weeks

"Fit it In at Work" and Make Fitness Fun with these New Innovative Classes!

Pilates & More with Gina
1FIT3038 (currently waitlisted)
Admin Bldg, Fitness Center
5:30-6:30PM on Tuesdays,

Yoga/Pilates Fusion with Ginny
1FIT3042
2817 Cattlemen Rd, Conf Room B
12-1 on Tuesdays



Let's Get To the Core
1FIT3045
Twin Lakes Park, Conf Room A
12-1 on Tuesdays

Pilates with Ginny Poyner
1FIT3043
BOB, Large Training Room
12-1 on Wednesdays

Functional Strength Training
1FIT3044
Terrace Bldg, 10th floor Conf Room
12-1 on Thursdays

Cardio & Strength
1FIT3046
Jacaranda Library, Youth Programming Room
5:30-6:30PM on Thursdays

Visit TRAC to register Contact Natalie Rotella at Nrotella@scgov.net or 650-5294 with any questions.