

# Living Well

EMPLOYEE HEALTH & BENEFITS

## Stall Talk



Copies available at [tpm.scgov.net](http://tpm.scgov.net) or from Angela Deem at [adeem@scgov.net](mailto:adeem@scgov.net)

### Save a Life, Give Blood June Blood Drives

Tuesday, June 5<sup>th</sup>;  
8:30-11:00am, BOB Bldg.

To reserve your appointment, please email or call  
Lisa Cece at [licece@scgov.net](mailto:licece@scgov.net) or 861-0503

Wednesday, June 6<sup>th</sup>  
2-4pm, Twin Lakes Park

To reserve your appointment, please email or call  
Mary King at [mking@scgov.net](mailto:mking@scgov.net) or 861-9803

Tuesday, June 12<sup>th</sup>,  
9:00am-Noon, Admin Bldg (1660 Ringling Blvd.)

To reserve your appointment, please call or email  
Angela Deem-Gustafson at  
[adeem@scgov.net](mailto:adeem@scgov.net) or 650-9908

Monday, June 25<sup>th</sup>  
8:30-11:30am, 2817 Cattlemen Road

To reserve your appointment, please email or call  
Loretta Levinus at [levinus@scgov.net](mailto:levinus@scgov.net) or 861-6235

### FitPlanet & Fit2Run Partner to Offer an Athlete Education Series



This 5 class series begins June 16<sup>th</sup> and meets the following Saturdays (06/16; 06/30; 07/21; 08/18; & 09/15) from 8am-10am at Fit2Run designed for all levels of athletes. Enjoy expert, hands-on instruction by FitPlanet professional trainers at Fit2Run running store, Sarasota-Bradenton location. Class series topics range from *Running Economy & Efficiency Clinic*, *Nutrition for the Active Lifestyle*, *Heart Rate Training and Functional Strength Training*. There is a \$25 fee for each class but in return each participant will receive a \$25 gift card good towards Fit2Run merchandise. To learn more, visit: [www.fit2run.com](http://www.fit2run.com) or 941-358-5100.

### Seats still available for the following:

#### Handling Conflict & Managing Anger Class Monday, June 4<sup>th</sup>

3pm-4:30pm

1660 Ringling Blvd, 1<sup>st</sup> Fl. Training Room

To register log onto TRAC, Class Code1FIT3061



#### Balancing Work & Life Workshop Wednesday, June 6<sup>th</sup>

8:30am-10am

1660 Ringling Bldg, Conf Room A/B-2nd Fl

To register log onto TRAC, Class Code1FIT3062

### Living Well Program Interns Have Arrived!

They are here to offer employees the opportunity to receive personalized exercise prescription, introduction to the fitness centers and the equipment, as well as, lunch time exercise classes. Please feel free to email-call them with your questions or requests.

Sara Eddison is currently an Exercise Science major at Skidmore College in Saratoga Springs, NY. Her passion is for nutrition and the integration of food and fitness into one's lifestyle. [seddison@scgov.net](mailto:seddison@scgov.net) or 861-5299

Sarah Stinson is a Health Management major from Southeast Missouri State University. Her main focus is personal training and to leading others to live a more active lifestyle. [sstinson@scgov.net](mailto:sstinson@scgov.net) or 861-5299