



Copies can be obtained by logging on to <http://tpm.scgov.net> or contacting Angela Deem at adeem@scgov.net

Now Offering Onsite Massage Therapy

Wednesdays (beginning Nov 1st) 11-1:30
Administration Bldg, Fitness Center

Reserve your appointment in GroupWise Resources using "Admin Fitness Center Room 2"

Appointments will be available every 15 minutes (1:15, 1:30) on a first come first serve basis for a **\$1/minute** (for a minimum of 10 minutes).

For questions, contact John Gantt, LMT at 661-2533

Two New Fitness Classes!

Pilates & More

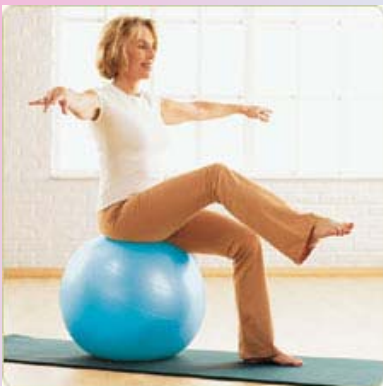
Join Gina on the mats for a workout that will utilize classic Pilates movements, Yoga techniques, and various core-strengthening exercises to stretch, tighten, and tone your abdominals, back, hip, and glut muscles.

Monday Evenings 11/6-12/11 Terrace Bldg
5:30-6:30PM

Register today on TRAC, Class Code 1FIT3038

Strengthen & Stabilize On the Ball

Join Natalie for this mind-body class using the stability ball to improve balance and flexibility while strengthening the core muscles based on Pilates principles.



Wednesdays 11/8-12/13, Admin Fitness Center
(1660 Ringling Blvd, 5th Fl)
12:00-12:45PM

Register on TRAC, Class Code 1FIT3034

Classes are reserved for County employees & spouses ONLY

October is Breast Cancer Awareness Month

Breast cancer is the most common malignancy in women and the second leading cause of cancer death. Mammograms are among the best early detection methods. Common risk factors include family history, diets high in saturated fat, moderate obesity, late or no pregnancies, estrogen replacement therapy and moderate alcohol intake.

Visit www.nationalbreastcancer.org for more info

Flu Shots Clinics for County Employees, Dependents over 18 and Retirees/Spouses

South County Sheriff's/Fire Dept

Thurs Oct 26th 10AM-2PM
4531 SR 776, Conference Rm.

SCAT

Tues Oct 31st 10AM-1PM, Wed Nov 1st 10 AM-2:30 PM & Thurs Nov 2nd 6-8:30 PM
5303 Pinkney Ave, Driver's Lounge

Sheriff's Office

Thurs Nov 9th 9AM-12
2071 Ringling Blvd, 2nd Fl Conference Rm.

Admin Bldg

Tues Nov 21st 7:30-9:30 AM
1660 Ringling Blvd, Lobby

Terrace Bldg

Tues Nov 21st 11 AM-2 PM
2nd fl Mezzanine, Lunch Rm.

Twin Lakes Park

Tues Dec 12th 8AM-10 AM
Main Bldg A, Rm. B

Sarasota Jail (SSO employees only)

Tues Oct 31st 7-9AM & 3-4:30 PM
Main St, Conference Rm.

Additional clinics TBA soon. Flu Shots will also be offered at the Employee Health Center daily, Mon-Fri, from 8:30AM-4:30 PM, no appointment necessary.