

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

2817 Cattlemen Rd. Fitness Center Moving

Due to the building closing at 2817 Cattlemen Road, the Fitness Center will be relocated to 1301 Cattlemen Road in the Health Department Conference Room. We hope to have this move completed by the end of September 2008. Stay tuned for more details regarding access to this Fitness Center.

Contact Natalie Rotella with questions/concerns at nrotella@scgov.net or at 650-5294.

Employee Health & Benefits Information Booths

In preparation for Open Enrollment, staff from Employee Health & Benefits will be available next week to answer questions on the 2009 health plans and the incentive program. Please stop by to ask questions and find out more information.

We will be setting up a table with information at select locations on the following dates:

**Tues 9/2 12-2pm, Terrace Bldg.
101 South Washington Blvd.
Break Area (Mezzanine)**

**Wed 9/3 2-4:30, BOB 1001 Sarasota Center
Blvd., Break Area**

**Thurs 9/4 11:30-1:30, Admin Bldg.
1660 Ringling Blvd
2nd Floor Café**

**Tues 9/9 11:30-1:30, RL Andersen Bldg.
4000 S. Tamiami Trail (Venice) Chambers**

In addition, there will be Pre-Open Enrollment meetings and Benefit Fairs to learn more about the plans and programs. Stay tuned for details in the next edition.

New Fall Exercise Classes Beginning the Week of September 22nd

Yoga for Relaxation 1FIT3018

Administration Bldg. Fitness Center, 5th floor
Tuesdays 12-1pm
&
Clerk of the Court, Room 303
Thursdays 12-1pm

Fit Planet Boot Camp 1FIT3103
Administration Bldg. Fitness Center, 5th floor
Mondays & Thursdays 5:30-6:30pm
&
BOB, Large Conference Room
Tuesdays & Thursdays 5:30-6:30pm

Cardio Sculpt 1FIT3046
Jacaranda Library
Tuesdays 5:30-6:30pm

Check out these New Exercise Classes:

Active Stretching & Relaxation 1FIT3110
BOB, Large Training Room
Wednesdays 12-1pm

Take a break from the work day with this dynamic stretching class. Increase your overall flexibility. Stretch out and relax. A vital class for all fitness levels!

Functional Training 1FIT3044
Fruitville Library, Large Conference Room
Thursdays 12-1pm

Strength Training for REAL life! The workout designed to efficiently train the entire body. Increase comprehensive strength, core strength, and overall performance.

Contact Natalie Rotella nrotella@scgov.net or 650-5294.