

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Venice Fitness Center



With the cooperation of both the Fire Department and the Sheriff's office, the previously existing Fitness Center at the Public Safety Building at 4531 State Road 776 (Venice) has been modified to provide access to all employees. This facility offers many amenities including a treadmill, free weights and showers.

Access can be obtained by showing your county I.D. badge at the front desk each visit and signing the Fitness Center entrance log. Please ensure that you have a completed fitness center agreement form on file with the Living Well Program. Questions contact: Natalie Rotella at nrotella@scgov.net or 650-5294.

Guidance Resources

Personal problems, planning for life events or simply managing daily life can affect your health, work & family. The feeling "I can handle it myself" can be adding to the pressures you may feel at work and at home.



ComPsych - Guidance Resources Program Your Employee Assistance Program (EAP) is a no-cost, confidential assistance program to help address the personal issues you and your dependents are facing. This service, staffed by experienced clinicians, is available by phone 24 hours a day, seven days a week. A Guidance Consultant will refer you to a local counselor or resources. Employee or dependents receive 5 free visits per issue. Call any time with personal concerns, including:

- Relationships
- Job pressure
- Martial conflicts
- Greif & loss
- Stress, Anxiety or Depression
- Substance abuse
- Problems with your children
- Financial, debt and credit problems
- Legal, bankruptcy, civil lawsuits

March is National Nutrition Month



The American Dietetic Association urges consumers to look beyond the myths of nutrition and instead focus on the facts. Nutritional information should be based on scientific evidence. Sorting through all that information can be complicated. A registered dietitian can assist in translating the information into a program for you and your situation. To find factual nutritional advice, visit the ADA's web-site at: www.eatright.org

Call: 1-866-379-0889

Online: guidanceresources.com

Enter company ID: IU4363X