

# 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)

### ***Holistic - Alternative Wellness Fair***

**Tuesday, June 3<sup>rd</sup>**

**11am - 1pm**

**BOB (1001 Sarasota Center Blvd, Large Training Room)**

Suffer from back pain or migraines? Come and learn about alternative health treatments for these and other common ailments.

Health professionals from various fields such as Acupuncture, Neurofeedback, Chiropractic, and Massage Therapy will be in attendance.



Register to receive valuable door prizes & gifts!

***Please come and experience a different way of obtaining optimal health!***

Contact Angela Deem-Gustafson at 941-650-9908 with questions.

### **New Living Well Program Intern: Derek Cravens**

Derek is a senior at Ball State University in Muncie Indiana pursuing a degree in Health Science. He enjoys an active lifestyle including jogging, biking, tennis, and camping. He moved from Indiana to complete his internship with the Living Well Program. He values health and wellness and strives to assist others in achieving their health goals. He feels the Living Well Program is an amazing benefit to employees and looks forward to contributing to its success. Derek's office is on the 5<sup>th</sup> floor of the Administration Building in the Fitness Center. If you have questions about exercise, nutrition, or health screenings feel free to stop by and discuss these and other health related topics. Contact [dcravens@scgov.net](mailto:dcravens@scgov.net) or 861-5299

### **It's That Time Again - The Time to Give Blood and Help Save A Life!**

#### **Blood Drive**

**Tuesday, June 3<sup>rd</sup>**

**BOB, Large Training Room, 9-3pm**

We will have a summer beach theme with movies, popcorn, cold beverages and "poolside" fun. By donating, you become eligible for Suncoast Community Blood Bank's drawing of (4) \$250 gas cards! All you have to do is visit any one of their blood drives during May or June and sign up. Their promotion with Stonewood Grill continues: donate three times and you will receive a \$25 gift certificate. Also, register for a summer themed gift basket just for your participation!

You can't go wrong. Give blood and save a life! Contact Lisa Cece 861-0503 to reserve your space.

### **Personal Finance 101 Class June 3<sup>rd</sup>**

**Clerk of the Circuit Court  
(2000 Main St, Room 304)  
Noon-1pm**

Register on TRAC: Class Code 1FIT 3107

Are you a financial saver or dreamer? Do you buy items, even if you don't need them, just because they are on sale and you know you are "saving money"? Do you carry gold or platinum credit cards because they are more prestigious? Do you pay only the minimum balance on your credit cards? Money is a huge stressor for many people but it doesn't have to be. This workshop will help you demystify the numbers and get you living beyond paycheck to paycheck. Class taught by Mark Clark, CFP (Certified Financial Planner)