

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

1301 Cattlemen Rd. Fitness Center Opens!

The Fitness Center at 2817 Cattlemen Road is now closed and has been relocated to 1301 Cattlemen Road (in the old Health Department Conference Room).

The Fitness Center is available to county employees, their spouses, Health Department employees, volunteers, and retirees. Users who are not county employee status will also need a doctor's note attached to their application stating they may exercise unsupervised.

An access card is necessary for entry. To gain access, complete an application found at <http://tpm.scgov.net/BenefitsFitnesscenters.aspx> and send to Eileen Bray at 1301 Cattlemen Road, Employee Health Center. Even if you had access to the Fitness Center at 2817 Cattlemen, you will still need to reapply.

The fitness center will be accessible 24/7 via the employee entrance on the east side of Bldg D.

Equipment includes: Treadmills, Ellipticals, Recumbent Bike, Spinning Bike, Rowing Machine, Free Weights, Benches, Multi-Task Strength Equipment, Exercise Balls, etc.

Please be patient as a new door will be installed in the coming weeks and there may be some down time for using the Fitness Center.

As always, please help keep our Fitness Center clean by wiping down the equipment after use.

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

2009 Open Enrollment

Open Enrollment for non-bargaining BoCC and Constitutional Offices employees starts September 24 and ends October 14, 2008. All Non-Bargaining BoCC and employees of Constitutional Offices must login to the enrollment system to choose their benefits this year. Bargaining unit employees should check with their representatives regarding their enrollment options.

Pre Open Enrollment Meetings:

Sept 16, Criminal Justice Building District 1, 2nd floor Conference Room, 10-11am (SSO only are able to attend at this location)

Sept 16, Admin Bldg., 1660 Ringling Blvd.
BCC Chambers, 2-3 pm

Sept 17, R.L. Andersen Bldg.
4000 S. Tamiami Trail, Chambers 10-11 am

Sept 17, BOB 1001 Sarasota Center Blvd.
Large Training Room, 2-3 pm

Sept 18, Colonial Oaks Park, 10-11am & 1-2 pm

Sept 23, Admin Bldg., BCC Chambers
10-11 am

Sept 23, BOB, Large Training Room, 3-4 pm

Benefit Fairs

September 25, 11am-3pm
BOB 1001 Sarasota Center Blvd., Break Area

September 30, 10am-2pm
Admin Bldg. 1660 Ringling Blvd.
First Floor Training Room

October 7, 11am-3pm
Woodmere Park, Venice