

**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)

**Discounted Memberships at South Venice Fitness Center**

South Venice Fitness Center now offers discounted memberships for all county employees and family members. This fully equipped fitness center offers more than 100 pieces of equipment, 4 certified trainers, a licensed cardio-boxing trainer, and neuromuscular massage therapy. A free fitness assessment and one free personal training session are available to all new members.

**South Venice Fitness Center**  
**2203 South Tamiami Trail**  
(across from the 7-11)  
**493-9060**

Hours: 5 a.m.-9 p.m. Monday - Friday, and  
7 a.m. - 2 p.m. Sat & Sun.  
Call 493-9060 for more information.

**Looking for Healthier Halloween treat ideas?**



Try These:

- \*Stickers
- \*Stencils
- \*Granola Bars
- \*Juice Box
- \*Cheese & Cracker Packets
- \*Festive Pencils
- \*Packets of Hot Chocolate
- \*Colored Chalk
- \*Bubbles and wands
- \*Temporary Tattoos

**Free Flu Shots**

All County employees, dependents over age 18 and retirees/spouses are eligible.

**No Appointment Necessary!**

County Picture ID or proof of dependency required

- **Oct 15** - 6 p.m. - 8:30 p.m., SCAT - Driver's Lounge, 5303 Pinkney Ave.
- **Oct 16** - 7 a.m. - 9:30 a.m., Terrace Bldg.- 2nd floor Mezzanine Lunch Rm
- **Oct 17** - 7 a.m. - 9:30 a.m., Clerk of Circuit Court - Conf. Rm. 303 (Clerk employees only)
- **Oct 19** - 7 a.m. - 9:30 a.m., Sheriff's Office - 2nd Fl Conf. Rm. (Sheriff employees only)
- **Oct 29** - 7 a.m. - 9:30 a.m., Sarasota Jail (Sheriff's Office employees only)
- **Nov 1** - 6:30 a.m. - 7:30 a.m., Lil' BOB - Common Room, 8781 Bee Ridge Rd.
- **Nov 2** - 7 a.m. - 9:30 a.m., Administration Bldg - Fitness Center, 1660 Ringling Blvd.
- **Nov 5** - 2 p.m. - 4 p.m., Sarasota Jail (Sheriff's Office employees only)
- **Nov 27** - 7 a.m. - 9:30 a.m., Fire Station #8, 6750 Bee Ridge Rd.
- **Nov 29** - 7 a.m. - 9:30 a.m., RL Anderson Chambers, 4000 S. Tamiami Trail, Venice

**Flu shots will also be available at the Employee Health Center**

**1301 Cattlemen Rd., Bldg B**  
**Monday - Friday**  
**8:30 a.m. - 4:30 p.m.**

Questions? Contact the Employee Health Center at 861-6833

**Vote on November 6<sup>th</sup>**

**For those employees who are Sarasota County residents don't forget to vote on November 6<sup>th</sup>.**