

Living Well
EMPLOYEE HEALTH & BENEFITS
Stall Talk



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

**Experience the Benefits of
Massage Therapy**

New Massage Therapist Kathy Sarri,
LMT will be offering chair massage.

**Monday's beginning October 1st
Admin Bldg Fitness Center, 5th Floor**

Kathy specializes in Shiatsu, Massage
Therapy, Meditation and
Breath Work

Balance & Harmony for the Body, Heart &
Soul



**Additional Onsite Massage is offered
by John Gantt, LMT at the following
locations:**

**1001 Sarasota Center Blvd. (BOB),
Eagle Room, Tuesdays 3-5:00pm**

**2817 Cattlemen Rd, Room C,
Fridays 11-1:00pm**

**Administration Bldg Fitness Center,
5th Floor, Wednesdays 11-2:00pm**

Reserve your appointments for the Admin
location through GroupWise Resources
under Admin Fitness Center, Room 2. For
all other locations, there is a sign up sheet
on the door. Cost is \$1/minute, minimum
of 10 minutes.

Fire Fighter Boot Camp Continues!



Challenge yourself, Feel Better & Have
More Energy!

**Admin Bldg, 5th Floor Fitness Center
1660 Ringling**

**Meets Mondays & Thursdays,
Sept 17th – October 25th
5:45pm-6:45pm for 6 Weeks**



Only \$12 per person/\$1 per class

Register on TRAC/Course Code: 1FIT3060
(Spouses Welcome)

Contact Natalie Rotella for more information at 650-5294
or nrotella@scgov.net

WRN Breast Cancer Event

Join the
Women's Resource Network
for an informative presentation on...

*Breast Cancer Prevention and Awareness
by Sarasota Memorial Hospital's
Breast Health Center*

Administration Building
1660 Ringling Blvd, 1st fl
Training Room
October 17th, 8:30-9:30am

Food and refreshments will be
provided on a first come first serve
basis, so be sure to arrive early!