

WELLNESS WAVE NEWSLETTER



Welcome to our inaugural edition of the YourChoice Wellness Wave Newsletter!

We are committed to enhancing Manatee County Government employees and health plan members with their overall wellbeing. These monthly newsletters will provide you with tips, resources, and motivation to incorporate wellness into your daily lifestyle.

What we will offer:

- **Monthly Podcasts:** Insights from wellness professionals such as dietitians, our in-house mental health therapist, and fitness trainers on the latest trends and strategies
- **Wellness Tips:** Practical advice on stress management, nutrition, exercise, and mental health
- **Workshops & Webinars:** Recorded sessions on various wellness topics
- **Wellbeing Challenges:** Fun and interactive challenges to encourage team bonding and physical activity

[LISTEN TO PODCAST • Trailer Episode](#)

[LEARN MORE ABOUT YOUR WELLBEING BENEFITS](#)

Exercise and Movement with Dan Trongone

Monthly topics can include:

- **Workout Tips:** routines/exercises you can do at your desk or in your free time
- **Challenges & Events:** Fun ways to get involved and compete with each other
- **Fitness Resources:** Articles and tools to support your journey

[YourChoice Wellness Center](#)



Worksite Wellness Coordinator
941-748-4501 x3860



Diabetes and Nutrition Educator
941-748-4501 x3974

Nutrition and Diabetes Care with Marcus Harris

Monthly topics can include:

- **Healthy Recipes:** Easy, delicious meals and snacks to try at home or in the office
- **Nutrition Tips:** Practical advice for making healthier choices throughout your day
- **Nutrition Challenges:** Fun ways to engage with your colleagues and make healthy eating a team effort

[Meet Your Registered Dietitians](#)

[Book a Nutrition Appointment](#)

Behavioral Health with Claribel Gill

Monthly topics can include:

- Tools, strategies, and coping mechanisms
- Knowledge about emotions and behaviors with personalized insights
- Guidance in navigating challenges
- A better understanding on how to manage mental health through therapeutic interventions

[Behavioral Health Services](#)



**Mental Health Therapist,
Care Coordinator, and
Psychiatric Clinic Coordinator**