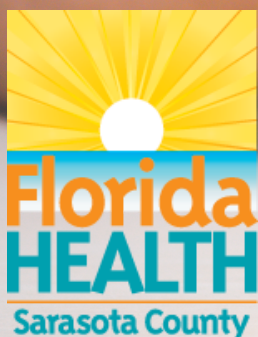
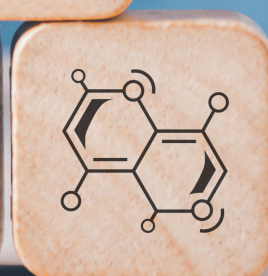
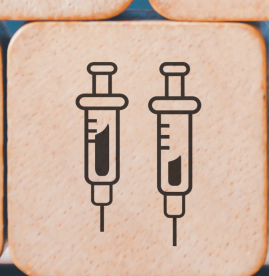


The Florida Department of Health  
in Sarasota County

Presents

# DESIGN YOUR HEALTH PLAN



**Saturday, October 29, 2022 | 10:30 am - 11:30 am**

**North Port Library | Veranda Room  
13800 Tamiami Trail | North Port, FL 34287**

Get the tools to create your own health goals. Create a baseline, set realistic and measurable goals, and make a plan for success. Learn the key components of physical, mental and emotional health. Practice techniques for mindfulness and relaxation.

**REGISTRATION REQUIRED**

  
Sarasota County

North Port Public Library  
13800 S. Tamiami Trail | North Port, FL 34287  
941-861-5000 | [scgov.net/library](http://scgov.net/library)

**FIND**  
**YOURSELF**  
AT THE **LIBRARY**

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