



APRIL 06, 2023

Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE



CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

Important dates

MEET THE CHAMPIONS

The Meet the Champions page is now live.

For those who haven't yet submitted their answers and photo, [please click here to complete it](#) and send it to either of us. I will be reaching out to those who have not submitted their answers!

YOUR INPUT MATTERS!

Please keep sending your ideas in regarding new activities, challenges or swag to help us grow and improve the Wellness Champion community.

We are thankful for all you do.
Keep being awesome!

WELLNESS WEDNESDAY

APRIL 2023 - INFERTILITY AWARENESS MONTH

FINANCIAL FITNESS CHALLENGE

April 10 - May 20, 2023

Q2: 12-WEEK WEIGHT LOSS PROGRAM

Classes Start April 11 & 12, 2023

WEBEX - NUTRITION MANAGEMENT FOR PCOS

April 20, 2023

NEW CALL CENTER NUMBER: [727-353-3000](tel:727-353-3000)

The Call Center will be open to take appointments

Monday–Friday from 8am to 5pm

If assistance is needed after hours, you will be re-routed to our 24-hour nurse line for ongoing patient services.

SEMI-ANNUAL CHAMPIONS MEETING

Please click the link above to answer our poll!

- Thank you Karen and Richard for submitting their "Get to Know Me" answers.
- We have a brand new Wellness Champion logo!
- We have more certificates for "You Got Caught" let us know if you need more!

helpful links

[Wellness Champion Resource Page](#)

[WELLNESS CHAMPION CALENDAR](#)

[2023 Quarter 1 Webex Educational Classes](#)

