



Florida's Harborside Hometown

INFORMATION SHARING REPORT March 15, 2021

Recognition:

Public Works employee Linda Sposito was recognized for her hard work and dedication to the Sick Bank committee. The Sick Bank is a vital resource for the employees of The City of Punta Gorda. For it to perform properly, it requires time, effort, and attention to detail from each of the committee members. Thank you Linda, your service is greatly appreciated.



I.T. Tidbits:

When using your scanner with Opti View you must close Capture Perfect. If both open at the same time you will not see the scanner option in Optiv View. You can only have one or the other actively working at one time.

City of Punta Gorda Virtual Health Series:

»»» CITY OF PUNTA GORDA VIRTUAL HEALTH SERIES



2021 Wellness Program - Mind, Body, Spirit

**Getting answers to your wellness questions
has never been easier!**

Exclusively for City of Punta Gorda employees and their families,
hear from a variety of industry experts speaking on a variety of health related topics.

Each session is free and scheduled from 12:00-12:30 p.m.

- March 16: Heart Healthy Eating
- March 24: Spotlight on Diabetes: Actions to keep blood sugar at healthy levels
- April 1: Unmasking the COVID-19 Vaccines
- April 6: Stroke Prevention Starts with Smart Choices
- April 14: Everything you should know about the Mediterranean Diet
- April 27: Top Things You Can Do for Joint Pain
- May 5: Smart & Healthy Grocery Store Shopping
- May 18: Preventing Heart Disease and Diabetes
- May 26: Emotions of the Heart: Stress Management

Zoom Meeting: <http://bit.ly/CakeZooming>
Meeting ID: 922 2354 8112
Passcode: Cake!



Questions? Email jennifer.mcmanus@bayfronthealth.com