



## *A Key To Your Health*

The Town of Longboat Key has expanded their website to include a link to wellness activities offered free or at low cost to Town residents, visitors, and Longboat Key business owners/employees. Three events are currently scheduled and available for the community. Visit [www.longboatkey.org](http://www.longboatkey.org), select the “Residents” tab on the toolbar, and select “A Key To Your Health” tab for more information on the classes being offered below. These classes will be held at Town Hall, 501 Bay Isles Road, Longboat Key, FL:

### [Lunch & Learn \(Bring your brown bag lunch\)](#)

#### ***Deskersize***

August 4, 2015 from Noon - 1:00 PM

To register for the event, click on the link below:

[Deskersize](#)

(Click the Pick a Time link at the bottom of the flyer to register.)

### [Lunch & Learn \(Bring your brown bag lunch\)](#)

#### ***Metabolic Syndrome***

September 16<sup>th</sup> from Noon – 1:00 PM

To register for the event, click on the link below:

[Metabolic Syndrome Flyer](#)

(Click the Pick a Time link at the bottom of the flyer to register.)

### [Lunch & Learn \(Bring your brown bag lunch\)](#)

#### ***Handling the Holidays and Good Health***

November 10<sup>th</sup> from Noon - 1:00 PM

To register for the event, click on the link below:

[Holidays](#)

(Click the Pick a Time link at the bottom of the flyer to register.)