



TOWN OF LONGBOAT KEY



WE HAVE "A KEY TO YOUR HEALTH"

COMMUNITY-WIDE WELLNESS PROGRAM

Available to Residents

- For upcoming wellness events, visit www.longboatkey.org > Residents > A Key To Your Health
- Lunch & Learn Seminars (nutrition, diet, fitness, and more – most at no cost to you)
- Flu Shots Onsite
- Monthly Blood Pressure Checks
- Annual Health Fair featuring:
 - Life Scan
 - Free health screenings available to all Florida Blue Members (18 or older) for cholesterol, diabetes, blood pressure, and more – with immediate results



For Businesses

- Owners and employees can participate in above programs/classes
- Longboat Key Bucks Partnership — local businesses can participate in this program by contacting Lisa Silvertooth to offer discounts to Town employees to support LBK businesses throughout the year.



For more information, contact:
Lisa Silvertooth, Human Resources Manager, at 316-1999

