



# April 2023 - WELLNESS PROGRAM OPTIONS FOR HEALTH SMART CREDIT & HEALTHY BUCKS

Attend HB Programs on NON-WORK Time. EACH HB PROGRAM WORTH \$50.

**\$50HB Credit Only**

## Special Health Seminar! **Oral Health and Diabetes in Dentistry**

Presented by Dr. Wisdom D. Akpaka, DDS

Wed April 19th, 5:15-6:15pm, Risk Management Bldg D

**Employees** - Note **NEW class titles** offered for 2023 **highlighted in yellow**.  
**DO NOT REPEAT CLASSES ATTENDED IN 2022 FOR HEALTHY BUCKS CREDIT--**  
**LOOK UP 2022 CLASSES ATTENDED** after you login into your GoSignMeUp account under "View Your Transcript."



	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Dates	Day	Time	Location
Nutrition	✓	✓	✓	✓	✓	Label Reading	3rd	Monday	12-1pm	So. Collier Regional Water Plant - 3851 City Gate Dr, large conference room
	✓	✓	✓	✓	✓	Plant Based	4th	Tuesday	7-8am	Water Dist. & Utility - 4420 Mercantile Ave
	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	4th	Tuesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Label Reading	10th	Monday	12-1pm	Everglades City, City Hall Council Chamber - 102 SW Copeland St
	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	10th	Monday	5:15-6:15pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Plant Based <b>Dieta Basada en Plantas</b>	11th	Tuesday	7-8am	Road & Bridge - 4800 Davis Blvd-Training Room
	✓	✓	✓	✓	✓	Supermarket Tour	12th	Wednesday	5:15-6:15pm	Publix - Kings Lake, 4860 Davis Blvd, <b>meet near Customer Service</b>
	✓				✓	Tea Time	13th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Plant Based	17th	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Start Smart with Breakfast <b>Empiece el Dia Bien con el Desayuno</b>	18th	Tuesday	12-1pm	Veterans Community Park - 1895 Veretans Park Dr
	✓	✓	✓	✓	✓	Label Reading	18th	Tuesday	5:15-6:15pm	Immokalee Road & Bridge - 415 Sgt Joe Jones Rd (behind Fleet building)
	✓	✓	✓	✓	✓	Label Reading	19th	Wednesday	7-8am	No. Collier Regional Water Plant - 8005 Vanderbilt Beach Rd
	✓				✓	Tea Time	20th	Thursday	12-1pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓				✓	Tea Time	25th	Tuesday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
✓	✓	✓	✓	✓	Supermarket Tour	25th	Tuesday	5:15-6:15pm	Publix near Courthouse - 3815 Tamiami Trl E, <b>meet near Customer Service</b>	
Stress Reduction	✓				✓	Learn to Let Go with Mindfulness	6th	Thursday	5:15-6:15pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓				✓	Stop Stressing and Count Your Blessings	27th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm

**MONEY MATTERS, GREAT OUTDOORS, EMOTIONAL WELLNESS & FITNESS PROGRAMS ON THE NEXT PAGE.**

Register for all programs on <http://colliergov.GoSignMeUp.com>



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<b>Money Matters</b>	<b>HB Credit Only</b>					Debt Management	12th	Wednesday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Pkwy - Room B
						Planning for Financial Emergencies	17th	Monday	12-1pm	Property Appraiser's Office - 3950 Radio Rd - conference room
<b>Great Outdoors</b>	<b>HB Credit Only</b>					<b>Farmer's Market Scavenger Hunt</b> Join us at your local farmer's market and go on a treasure hunt. Meet local vendors and see the bounty southwest Florida has to offer. Wear comfortable attire and bring your competitive edge!	<b>22nd</b>	<b>SATURDAY</b>	<b>9:30-10:30am</b>	Vanderbilt Farmer's Market - 2355 Vanderbilt Beach Rd, <b>meet in front of Trattoria Abruzzo</b> Wellness Phone #239-571-8619
<b>Emotional Wellness</b>	<b>HB Credit Only</b>					<b>Anxiety Related Disorders: Signs, Symptoms and Coping</b> Berta Garcia, LMSW	26th	Wednesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
<b>Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS</b>	✓	✓	✓	✓	✓	Sit & Be Fit	11th	Tuesday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Circuit Charge	12th	Wednesday	<b>1-2pm</b>	Main Campus - Wellness Fitness Center 3327 Tamiami Trail E
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership Required <b>REPEAT CLASS ALLOWED</b>	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <b>consecutive</b> months	payroll deduct for 1 year membership	Any of the 4 CCG Park & Recreation Fitness Facilities <b>Employee Memberships \$4.65 per paycheck</b>



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