



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

REMINDER: YOU MUST ARRIVE NO LATER THAN 5 MIN AFTER THE START OF THE CLASS TO RECEIVE CREDIT

EACH PROGRAM IS WORTH \$50 HEALTHY BUCKS

Don't forget to attend a Wellness Weight/Blood Pressure Clinic and Schedule an A1c blood draw at the MedCenter to earn up to \$150 in Result- Based Healthy Bucks! See next page for more details.

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	6th	Wednesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓		✓		✓	Tea Time	6th	Wednesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	7th	Thursday	4-5pm	Immokalee Road & Bridge - 425 Sgt Joe Jones Rd
	✓	✓	✓	✓	✓	Plant Based	11th	Monday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Supermarket Tour	13th	Wednesday	5:15-6:15pm	Publix - near Courthouse, 3815 Tamiami Trl E, meet near Customer Service. Wellness phone #239-571-8619
	✓	✓	✓	✓	✓	Label Reading	14th	Thursday	7-8am	Water Distribution & Utility - 4420 Mercantile Ave. Train. Rm. E-37
	✓	✓	✓	✓	✓	Start Smart with Breakfast	19th	Tuesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓		✓		✓	Tea Time	21st	Thursday	5:15-6:15pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Supermarket Tour	25th	Monday	5:15-6:15pm	Publix - Kings Lake, 4860 David Blvd, meet at the tables outside the West entrance. Wellness phone #239-571-8619
	✓	✓	✓	✓	✓	Label Reading	28th	Thursday	12-1pm	N. Reclamation Water Plant - 10500 Goodlette Rd. Conference Rm
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	✓	✓	✓	✓	✓	Labor Day 5K Run sponsored by Gulf Coast Runners	4th	Monday	Race starts 7:30am	Registration Fees apply. Register on Gulf Coast Runners Club-Naples website: https://gulfcoastrunners.wordpress.com/
	✓	✓	✓	✓	✓	Sit & Be Fit	18th	Monday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
	✓	✓	✓	✓	✓	Bands Everywhere	26th	Tuesday	12-1pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Weighted Resistance Exercises	27th	Wednesday	12-1pm	S. County Water Reclamation - 5600 Warren St.
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership Required REPEAT CLASS ALLOWED	Sign up anytime	work-out 30 mins. at least 6x/month for 3 consecutive months	payroll deduct for 1 year membership	Any of the 4 CCG Park & Recreation Fitness Facilities Employee Memberships \$4.65 per paycheck

EMOTIONAL WELLNESS, MONEY MATTERS, STRESS REDUCTION AND GREAT OUTDOORS ON THE NEXT PAGE.

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



BP	TRIGS	LDL	Waist	A1C
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Health Smart Risk Factor **OR**
Healthy Bucks Program Options:

Dates

Day

Time

Location



Emotional Wellness	HB Credit Only				Self-Compassion Berta Garcia, LMSW	20th	Wednesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm	
Money Matters	HB Credit Only				Debt Management	13th	Wednesday	12-1pm	N. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room	
					Planning for Financial Emergencies	25th	Monday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave. Train Rm 1	
Stress Reduction	✓				✓	Stop Stressing and Count Your Blessings	5th	Tuesday	12-1pm	Property Appraiser's Office - 3950 Radio Rd - conference room
	✓				✓	How to Laugh in Challenging Situations	21st	Thursday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
Great Outdoors- Indoors	✓	✓	✓	✓	✓	Beginners Cycle Spin Class You've seen them "spinning" on TV and wondered, "Can I do that?" Come on out and join this fun beginners spin class. Enrollment is limited	16th	Saturday	11am-12pm New Cyclists arrive 10:45am	The Athletica Health & Fitness, 4019 Santa Barbara Blvd., Naples is hosting this <i>complementary</i> event. Jim Moore, from our Collier County Tax Collector Office, will lead this beginner's spin class. New cyclists should arrive 15 minutes prior for bike fitting (10:45am). **Fitness membership promotion available exclusively to CCG employees- contact the facility for details**

RESULT-BASED HEALTHY BUCKS PROGRAMS BELOW - You MUST Register for the below programs by September 29, 2023

- Off the Cuff* - Blood Pressure Program - \$50HB
 - Maintain or lower your **Blood Pressure < 130/90**
 - Attend a Wellness Weight/Blood Pressure Clinic in August-September 2023
- Sugar Busters* - A1C Management Program - \$50HB
 - Maintain or lower your **A1C < 5.7%** OR for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - You will be required to repeat your non-fasting A1c lab test by appointment at the Main Campus MedCenter 239-252-4257 or North MedCenter 239-315-7111 starting July 17th - September 29, 2023.
- Re-shape Your Frame* - Body Composition Program - \$50HB
 - **Maintain a BMI < 25**
 - if BMI is 25-29.9, then **lose 5%** of initial weight from January Weigh-in Clinic
 - if BMI is > 30, then **lose 10%** of initial weight from January Weigh-in Clinic
 - OR YOU CAN SELECT:
 - Waist Circumference **Women < 35 inches** **Men < 40 inches**
 - OR YOU CAN SELECT:
 - Attend a Wellness Weight/Blood Pressure Clinic in August-September 2023

See August/September weight and blood pressure clinic calendar for event dates and locations