



JANUARY 2024 - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS & HEALTH SMART QUALIFYING

Wellness aims to design programs that will address the 5 Health Smart risk factors monitored during the insurance qualifying process: blood pressure, triglycerides, LDL cholesterol, waist circumference, and A1c (blood sugar).

Each of the below programs can earn you \$50HB or one hour of qualifying education unless otherwise indicated.

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



	Class Title	Date	Day	Time	Location
Nutrition	The Truth About Fats La Verdad Sobre las Grasas	11th	Thursday	7-8am	North Collier Regional Park - Admin. Building, 15000 Livingston Road, Admin Building Rooms A & C
	The MIND Diet and More: Nutrition for a Healthy Brain!	9th	Tuesday	5:15-6:15pm	Driver's License Building - 725 Airport Rd.
	5 Foods to Eat and Why	16th	Tuesday	12-1pm	South County Water Reclamation - 5600 Warren St, breakroom
	The Truth About Fats	16th	Tuesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Animal vs Plant-based Protein Proteína Animal o Vegetal	22nd	Monday	12-1pm	Pelican Bay - Truist Building 801 Laurel Oak Drive
	Supermarket Tour	22nd	Monday	5:15-6:15pm	Publix, Kings Lake - 4860 Davis Blvd- meet near Customer Service; Wellness cell: 239-571-8619
	Animal vs Plant-based Protein	24th	Wednesday	8-9am	Heritage Bay Government Center- 15450 Collier Blvd, Towne Hall Meeting Room
	Secrets of the Golden Spice	24th	Wednesday	12-1pm	South Collier Water Plant - 3851 City Gate Dr, Large Conference Room
	Secrets of the Golden Spice	29th	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	5 Foods to Eat and Why	31st	Wednesday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	5 Foods to Eat and Why	31st	Wednesday	1-2pm	Property Appraisers - 3950 Radio Rd, Conference Room
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Yoga for Everybody - Growth Management	Starts 8th	MONDAYS Jan 8 - May 6	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610; \$30 Program Fee; no classes 1/15, 2/19
	Zumba--Movement & Music! - Heritage Bay (New!)	Starts 10th	WEDNESDAYS Jan 10 - April 24	6:30-7:30pm	Heritage Bay Government Center- 15450 Collier Blvd, Towne Hall Meeting Room; \$30 Program Fee
	Barron Collier Companies Naples Half Marathon	14th	Sunday	Race Starts 7:00AM	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Magic Pilates Ring Workout	17th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Stretch & Flex	30th	Tuesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Recreation Membership Required. Employee Memberships \$4.69 per paycheck.
Emotional Wellness	ADHD: The Science, the Stigma, and the Success <i>Marianne Lambertson, MSW, RCSWI</i>	24th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Group Stress Reduction	Beat the Stress Monster	18th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Change Your Thinking and Start Living!	23rd	Tuesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
Money Matters	Considering Home Ownership	17th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Considering Home Ownership	25th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
Great Outdoors	3-Mile Beach Walk- Enjoy our beautiful Naples beach on this 3-mile walk.	6th	SATURDAY	8:30-9:30am	Clam Pass Park, 465 Seagate Dr. Meet at the benches by the parking lot. A Beach Parking sticker is required or credit card parking meter fee. Wellness cell: 239-571-8619

HOLIDAY WAIST CHALLENGE CLINIC CALENDAR ON NEXT PAGE
 Register for all programs on <http://colliergov.GoSignMeUp.com>

Measure-OUT for the Holiday WAIST Challenge *and* measure-IN for Re-Shape Your Frame at a waist measurement clinic Jan. 2nd-10th.
 Holiday WAIST Challenge (\$50HB): Maintain a waist ≤ 35 inches in women or ≤ 40 inches in men *or* lose 0.5 inches by January Wellness Clinics
 Re-shape Your Frame (\$50HB): Maintain a waist ≤ 35 inches in women or ≤ 40 inches in men *or* lose 2.0 inches by August/September Wellness Clinics



Tues. Jan 2nd	Wed. Jan 3rd	Thurs. Jan 4th
No. Collier Regional Park Admin Building Room A 7:30am-8:15am	Growth Management Rooms 609/610 7:00am-8:30am	Road & Bridge—Davis Blvd. 6:15-7:15am
Growth Management Rooms 609/610 11:30am-1:00pm	Main Campus Risk Training Rm 7:15am-8:15am 11:30am-1:00pm	North Collier Gov Center Towne Hall Meeting Room 11:30am-1:30pm
North Collier Gov Center Towne Hall Meeting Room 5:00pm-6:15pm	Everglades City—Council Chambers 12:00pm-12:15pm	Innokalee Road & Bridge 4:30pm-5:00pm
	Main Campus Risk Training Rm 4:30pm-5:15pm	Innokalee Community Park Conference Room 5:15pm-5:35pm
Mon. Jan 8th	Tues. Jan 9th	Wed. Jan 10th
Main Campus Risk Training Rm 7:15am-8:30am 11:30am-1:00pm 5:00pm-5:20pm	Main Campus Risk Training Rm 7:15am-8:30am	Wastewater Collections 2nd Floor Training Rm 7:00-8:00am
Fleet Management Training Rm 11:45am-12:15pm	Heritage Bay Government Center Towne Hall Meeting Room 8:00am-9:00am	Golden Gate Community Center Room C 12:00pm-12:30pm
	Pelican Bay Admin Truist Building 801 Laurel Oak Drive, Suite 102 12:00-12:45pm	Main Campus Risk Training Rm 5:00pm-5:20pm

REGISTER FOR THESE RESULT-BASED Healthy Bucks Programs on GoSignMeUp

Holiday Waist Challenge

Re-Shape Your Frame - Body Composition Program

Off the Cuff - Blood Pressure Program

Sugar Busters - A1c Management Program

MUST measure-IN for Re-Shape Your Frame by 1/31/24, either by attending a clinic or by scheduling an appointment with a Wellness Dietitian.

Repeat your waist circumference & blood pressure at a Wellness Clinic scheduled in August or September.