



## May 2025 - 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**



**May is  
National Physical Fitness Month!**

**Take a look at our *May-Exclusive* fitness programs below-  
Prizes and incentives included!**

To celebrate National Physical Fitness Month, the employee Wellness Fitness Center on the courthouse main campus will be free of charge and open to all employees every Wednesday of the month. Sign up for an employee discounted Park & Rec gym membership anytime during the month of May and receive a **FREE GYM DUFFLE BAG**, courtesy of the Wellness Team. On top of that- don't miss out on **"FIT" Bingo!** Stop in between 8am and 4pm Wednesday May 7th for snacks, Healthy Bucks, and a chance to win more prizes!

	Class Title	Date	Day	Time	Location
Nutrition	Food Connects Us <b>SPANISH: Encontrémonos a la Mesa</b>	1st	Thursday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Iron Boost: Energize Your Health	2nd	Friday	8-9am	Heritage Bay - 15450 Collier Blvd, Towne Hall Meeting Room
	Iron Boost: Energize Your Health	5th	Monday	12-1pm	UF/IFAS Collier Extension - 14700 Immokalee Rd
	Cracking the Carb Conundrum	5th	Monday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Calm Your Gut: Nutrition Solutions for GI Upset	12th	Monday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Boosting Brain Power <b>SPANISH: Como Mejorar la Función del Cerebro</b>	13th	Tuesday	12-1pm	Pelican Bay - Truist Building 801 Laurel Oak Drive
	Cracking the Carb Conundrum	15th	Thursday	7-8am	Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room
	Comfort in Every Bite	16th	Friday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Calm Your Gut: Nutrition Solutions for GI Upset	19th	Monday	12-1pm	S Regional Library - 8065 Lely Cultural Parkway, Auditorium
	Unpacking the Metabolic Syndrome	22nd	Thursday	5:15-6:15pm	Immokalee Community Park - 321 N First St
	Fasting: Beyond Food	23rd	Friday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Food Connects Us	27th	Tuesday	5:15-6:15pm	Drivers License - 725 S Airport Pulling Rd, Conference Room
	Iron Boost: Energize Your Health	29th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Fitness	Tropicool 5K	4th	Sunday	7:30am	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	<b>"FIT" BINGO!</b>	<b>7th</b>	<b>Wednesday</b>	<b>8am-4pm</b>	<b>Gym open to all County employees on 05/07. Fill out the "FIT" bingo card 3-in-a-row by completing the listed exercises for \$50 Healthy Bucks and your choice of prizes!</b>
	<b>OPEN GYM!</b>	<b>7th, 14th, 21st, 28th</b>	<b>Wednesdays</b>	<b>8am-4pm</b>	<b>Gym open to all County employees every Wednesday in May! Attend the gym all 4 Wednesdays and exercise for 30min for \$50 Healthy Bucks!</b>

See second page for more FITNESS, GREAT OUTDOORS, EMOTIONAL WELLNESS, GROUP STRESS REDUCTION, and MONEY MATTERS programs, as well as a bonus GUEST SEMINAR highlighting *Mental Health Awareness Month!*

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

Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Dance Yourself Slim	21st	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Flexibility on the Go	30th	Friday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Fitness Center Program	Jan-Sep	Workout 30min, 6x/mo, for 3 consecutive months		Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. <b>Employee Memberships \$4.69 per paycheck.</b>
Great Outdoors	Pound the Pavement 2 (may be repeated from April)	20th	Tuesday	Gather your largest work group and WALK AS A TEAM before work, after work, or during breaktime. Walk 30min as a team. YOU MUST TAKE A PICTURE OF TEAM WALKERS, LIST NAMES OF WALKERS AND THEIR SAP NUMBERS, AND SEND TO WELLNESS: <a href="mailto:Christiane.Rice@colliercountyfl.gov">Christiane.Rice@colliercountyfl.gov</a> for \$25 Healthy Bucks ONLY (NO QUALIFYING CREDIT)	
May is also... <b>Mental Health Awareness Month!</b>					
Guest Seminar	Stress Less <i>SWFL Mental Health Association</i>	3rd	Saturday	10-11:30am	Collier Museum, Government Center - 3331 Tamiami Trail E <b>\$50 Healthy Bucks. Limited space. Must register by April 25th.</b> Decrease negative reactions to stress and increase happiness! Learn breathing techniques, mindfulness exercises, and other mindset shifts to activate more peace in your life. Bring a mat or towel to sit on.
Emotional Wellness	Self-Compassion <i>Berta Garcia, LCSW</i>	14th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Group Stress Reduction	Laughter Yoga	8th	Thursday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Mindful Listening	20th	Tuesday	5:15-6:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
Money Matters	Debt Management	6th	Tuesday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	Debt Management	28th	Wednesday	6:15-7:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room B
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