



JANUARY 2026

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

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

	Class Title	Date	Day	Time	Location
Nutrition	The Miraculous Microbiome	13th	Tuesday	12-1pm	S County Water Treatment Plant - 3851 City Gate Dr, Large Conference Room
	Alcohol: The Hard Proof	20th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	7 Habits of Highly Effective Diabetes Self-Management Los 7 Habitos para el Cuidado Personal de Diabetes	21st	Wednesday	12-1pm	Pelican Bay - NEW Building: 6200 Watergate Way
	Eat Broadly, Live Boldly!	22nd	Thursday	8-9am	Heritage Bay Government Center- 15450 Collier Blvd, Towne Hall Meeting Room
	Beyond Carrots	22nd	Thursday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Alcohol: The Hard Proof Tomar Alcohol, Si o No?	27th	Tuesday	7-8am	N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C
	SELFISH Living: Your Heart Healthy Wellness Plan	29th	Thursday	5:15-6:15pm	Drivers License - 725 S Airport Pulling Rd, Conference Room
	SELFISH Living: Your Heart Healthy Wellness Plan	30th	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Barron Collier Companies Naples Half Marathon \$100HB or \$50HB + 1 Qualifying Credit	18th	Sunday	Race Starts 7:00AM	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration fees apply. Must have a timed finish.
	Zumba Caliente	20th	Tuesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Core & Balance Basics	26th	Monday	5:15-6:15pm	N 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	EMDR Therapy: Fun Facts & Debunking Myths <i>Susie Rosbottom, LMFT</i>	28th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Group Stress Reduction	The Science of Happiness: Positive Psychology in Practice	27th	Tuesday	12-1pm	S County Water Reclamation - 5600 Warren St, breakroom
	Overcoming Burnout: Recognizing and Rebalancing	29th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
Money Matters	Considering Home Ownership	23rd	Friday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Considering Home Ownership	26th	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
GUEST SEMINAR	A Year of Clarity: Rewriting Old Patterns with the Four Agreements <i>SWFL Mental Health Association</i>	24th	Saturday	10-11:30am Registration at 9:30am	Collier Museum, Government Center - 3331 Tamiami Trail E Register on GoSignMeUp and by emailing pjones@mhaswfl.org.


HOLIDAY WAIST CHALLENGE CLINIC CALENDAR ON NEXT PAGE

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

Holiday WAIST Challenge Measure-OUT for \$50HB



1. Measure-out Clinic Calendar below. **YOU DO NOT PRE-REGISTER FOR THIS PROGRAM.**
2. Individuals who meet the following values at the weigh-out clinic will be credited **\$50HB**:
maintain waist circumference ≤ 35 inches for women or ≤ 40 inches for men
OR lose at least 0.5 inches if waist circumference is > 35 inches in women and > 40 inches in men

Mon	Tue	Wed	Thu	Fri
JANUARY 2026				2 Main Campus - Risk Building Risk Training Room Clinic: 7:15am - 8:30am 11:30am - 1:00pm 5:00pm - 5:20pm North Collier Gov Center 2335 Orange Blossom Drive Towne Hall Meeting Rm Clinic: 11:30am - 1:30pm
5 Main Campus - Risk Building Risk Training Room Clinic: 7:15am - 8:30am Fleet Management 2901 County Barn Rd 2nd Floor Training Room Clinic: 11:45am - 12:15pm North Collier Gov Center 2335 Orange Blossom Drive Towne Hall Meeting Rm Clinic: 5:00pm - 6:15pm	6 Growth Management 2800 N. Horseshoe Dr. Conference Rooms 609 & 610 Clinic: 7:00am - 8:00am 11:30am - 1:00pm	7 Main Campus - Risk Building Risk Training Room Clinic: 7:15am - 8:15am 11:30am - 1:00pm 4:30pm - 5:15pm Everglades City - City Hall 102 SW Copeland Street Council Chambers Clinic: 12:00pm - 12:15pm	8 Heritage Bay Gov Center 15450 Collier Blvd, Conference Room Clinic: 8:00am-9:00am Pelican Bay Services Truist Building 801 Laurel Oak Dr. Suite 102 Clinic: 12:00pm - 12:45pm Immokalee Community Park 321 N First St Clinic: 5:15pm - 5:35pm	9
12 Marco Tax Collectors 5/3 Bank, 650 E Elkcam Cir Clinic: 5:00pm - 5:15pm	13 North Collier Regional Park Admin Building 15000 Livingston Rd, Room A Clinic: 7:00am - 8:00am	14 Road & Bridge 4800 Davis Blvd Clinic: 6:15am - 7:15am Golden Gate Community Center 4701 Golden Gate Parkway Room C Clinic: 12:00pm - 1:00pm	15 Wastewater Collections 6027 Shirley St Conference Room Clinic: 7:00am - 8:00am Immokalee Road & Bridge 425 Sgt. Joe Jones Road Crew Room Clinic: 4:00pm - 5:00pm	16 If you cannot attend one of these clinics, you may call ext 6092 to schedule a time to measure-OUT by Friday January 16th. Any request to measure-OUT after January 16th will <i>not</i> be accommodated.