



JANUARY 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

[Register for all programs on http://colliergov.GoSignMeUp.com](http://colliergov.GoSignMeUp.com)



	Class Title	Date	Day	Time	Location
Nutrition	Iron Boost: Energize Your Health	14th	Tuesday	12-1pm	S County Water Treatment Plant - 3851 City Gate Dr, Large Conference Room
	Unpacking the Metabolic Syndrome SPANISH: ¿Qué es el Síndrome Metabólico?	16th	Thursday	12-1pm	Pelican Bay - Truist Building 801 Laurel Oak Drive
	Comfort in Every Bite	22nd	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Boosting Brain Power	23rd	Thursday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Calm Your Gut: Nutrition Solutions for GI Upset	24th	Friday	8-9am	Heritage Bay Government Center- 15450 Collier Blvd, Towne Hall Meeting Room
	Comfort in Every Bite SPANISH: Disfrute Cada Bocado	28th	Tuesday	7-8am	N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C
	Fasting: Beyond Food	30th	Thursday	5:15-6:15pm	Drivers License - 725 S Airport Pulling Rd, Conference Room
	Fasting: Beyond Food	31st	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Dance Yourself Slim	17th	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Barron Collier Companies Naples Half Marathon	19th	Sunday	Race Starts 7:00AM	Register on Gulf Coast Runners - Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Bands Everywhere	27th	Monday	12-1pm	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	<i>Overcoming Infidelity and Betrayal</i> Jaime Crossan-DeBres, LCSW-QS	15th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Group Stress Reduction	Mindful Eating	28th	Tuesday	12-1pm	S County Water Reclamation - 5600 Warren St, breakroom
	Mindful Listening	30th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
Money Matters	Considering Home Ownership	21st	Tuesday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Considering Home Ownership	29th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610

HOLIDAY WAIST CHALLENGE CLINIC CALENDAR ON NEXT PAGE

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Measure-OUT for the Holiday WAIST Challenge *and* measure-IN for Re-Shape Your Frame at a waist measurement clinic Jan. 2nd-9th.

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



Thu. Jan 2nd	Fri. Jan 3rd	Mon. Jan 6th
Growth Management Rooms 609/610 7:00am-8:30am	No. Collier Regional Park Admin Building Room A 7:30am-8:15am	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 4:30pm-5:15pm	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	Immokalee Community Park Conference Room 5:15pm-5:35pm
Tue. Jan 7th	Wed. Jan 8th	Thu. Jan 9th
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
Marco Tax Collectors 5/3 Bank 650 E Elkcam Cir 5:00-5:15pm	Pelican Bay Admin Truist Building 801 Laurel Oak Drive, Suite 102 12:00-12:45pm	Main Campus Risk Training Rm 5:00pm-5:20pm
	Immokalee Road & Bridge 4:30pm-5:00pm	

Holiday Waist Challenge

Re-Shape Your Frame - Body Composition Program

Off the Cuff - Blood Pressure Program

Sugar Busters - A1c Management Program

MUST measure OUT for the Holiday WAIST Challenge by 1/10/25, either by attending a clinic or by scheduling an appointment with a Wellness Dietitian.

MUST measure-IN for Re-Shape Your Frame by 3/31/25, 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.