



March 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 Wellness programs on http://colliergov.GoSignMeUp.com](http://colliergov.GoSignMeUp.com)



	Class Title	Date	Day	Time	Location
National Nutrition Month	Discover the Power of Nutrition	2nd	Monday	12-1pm	UF/IFAS Collier Extension - 14700 Immokalee Rd
	Discover the Power of Nutrition	5th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Discover the Power of Nutrition	9th	Monday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Discover the Power of Nutrition	9th	Monday	1-2pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Discover the Power of Nutrition	13th	Friday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Discover the Power of Nutrition	16th	Monday	12-1pm	S Regional Library - 8065 Lely Cultural Parkway, Auditorium
	Discover the Power of Nutrition	18th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Discover the Power of Nutrition Descubre el Poder de la Nutricion	19th	Thursday	7-8am	N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C
	Discover the Power of Nutrition	19th	Thursday	6:15-7:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	Discover the Power of Nutrition	20th	Friday	8-9am	Heritage Bay - 15450 Collier Blvd, Towne Hall Meeting Room
	Discover the Power of Nutrition	23rd	Monday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Discover the Power of Nutrition	24th	Tuesday	5:15-6:15pm	Immokalee Community Park - 321 N First St
	Discover the Power of Nutrition	26th	Thursday	7-8am	Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room
	Discover the Power of Nutrition	30th	Monday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave, Training Room 1
	Discover the Power of Nutrition	31st	Tuesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610

SEE REVERSE FOR FITNESS, GREAT OUTDOORS, EMOTIONAL WELLNESS, GROUP STRESS REDUCTION, AND MONEY MATTERS

Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Marco Island Half Marathon and 5K	1st	SUNDAY	See Registration for Details	Register at gcrunner.org <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Zumba Caliente	11th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Run for the Music 5K and 10K	28th	SATURDAY	See Registration for Details	Register at gcrunner.org <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. Employee Memberships \$4.69 per paycheck.
Great Outdoors	Audubon Corkscrew Swamp Sanctuary Walk \$75 HB	7th	SATURDAY	8:30-9:30am	375 Sanctuary Road W - <i>Walk at your own pace. Must register on GSMU and on the Corkscrew Sanctuary website. Requires \$17 admission fee per person paid in advance.</i>
Emotional Wellness	Challenging Negative Thoughts and Beliefs <i>Christine Brinkert, LCSW</i>	25th	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
Group Stress Reduction	Coping with Anxiety and Uncertainty	3rd	Tuesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	The Science of Happiness: Positive Psychology in Practice	10th	Tuesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
Money Matters	Mortgage Modifications	4th	Wednesday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	Mortgage Modifications	12th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room

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