



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



	Class Title	Date	Day	Time	Location
Nutrition					
	Food Connects Us	3rd	Monday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Food Connects Us	6th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Food Connects Us	10th	Monday	12-1pm	S Regional Library - 8065 Lely Cultural Parkway, Auditorium
	Food Connects Us SPANISH: Encontrémonos a la Mesa	13th	Thursday	7-8am	N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C
	Food Connects Us	17th	Monday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Food Connects Us	18th	Tuesday	7-8am	Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room
	Food Connects Us	19th	Wednesday	6:15-7:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room B
	Food Connects Us	20th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Food Connects Us	21st	Friday	8-9am	Heritage Bay - 15450 Collier Blvd, Towne Hall Meeting Room
	Food Connects Us	24th	Monday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave, Training Room 1
	Food Connects Us	27th	Thursday	5:15-6:15pm	Immokalee Community Park - 321 N First St
	Food Connects Us	31st	Monday	12-1pm	UF/IFAS Collier Extension - 14700 Immokalee Rd
See second page for FITNESS, GREAT OUTDOORS, EMOTIONAL WELLNESS, GROUP STRESS REDUCTION, and MONEY MATTERS programs.					
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<b>Fitness</b> YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Baker Park 5K	1st	<b>SATURDAY</b>	See Registration for Details	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Flexibility on the Go	7th	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Dance Yourself Slim	12th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Marco Island Half Marathon and 5K	16th	<b>SUNDAY</b>	See Registration for Details	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Run for Music 10K & 5K	29th	<b>SATURDAY</b>	See Registration for Details	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Fitness Center Program	Jan-Sep	<b>3 consecutive months</b>	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. <b><i>Employee Memberships \$4.69 per paycheck.</i></b>
<b>Great Outdoors</b>	Crew Hike	1st	<b>SATURDAY</b>	8:30-9:30am	CREW - Bird Rookery Swamp Trails - 1295 Shady Hollow Blvd W. Meet in the parking lot. Wellness Phone# 239-571-8619.
<b>Emotional Wellness</b>	<i>Supporting the Teenage Brain</i> Christine Brinkert, LCSW	26th	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
<b>Group Stress Reduction</b>	Laughter Yoga (not a fitness class)	4th	Tuesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Mindful Eating	11th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
<b>Money Matters</b>	Mortgage Modifications	5th	Wednesday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	Mortgage Modifications	12th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
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## ANNOUNCEMENT: National Nutrition Month, March 2025

Join the Collier County Wellness team in celebrating this year's NNM by submitting a favorite family recipe and/or a recipe from your cultural background. This year's theme is "Food Connects Us" and it is true! Food connects us with our family, our culture, our friends and our health. Here at work it connects us with each other, whether it's at a department potluck or out to eat with colleagues. Encourage your colleagues or Spouses to participate, especially if they have a dish that is a work party hit or has inspired your love for another person's cultural cuisine. Give us a chance to celebrate some of your favorites by using the recipe in our presentation to demonstrate the diversity, creativity, and nutrition know-how of our employees. Please feel free to include a little information on the recipe, like who it came from, a fond memory about the recipe, or what and who you love to enjoy it with. All recipes will be reviewed and considered for inclusion in the March presentation, "Food Connects Us." Contact **Dawn Gray (ext 8915, [Dawn.Gray@colliercountyfl.gov](mailto:Dawn.Gray@colliercountyfl.gov))** if you have any questions or to submit a recipe. Please include your full name and best contact information.

