



JANUARY 2023 - WELLNESS PROGRAM OPTIONS FOR HEALTH SMART GOALS & HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)

Employees - Note **NEW class titles** offered for 2023 **highlighted in yellow**. **DO NOT REPEAT CLASSES ATTENDED IN 2022 FOR HEALTHY BUCKS CREDIT--**
LOOK UP 2022 CLASSES ATTENDED after you login into your GoSignMeUp account under "View Your Transcript".

	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Jan. Dates	Day	Time	Location
Nutrition	✓	✓	✓	✓	✓	Benefits of Rainbow Vegetables	11th	Wednesday	12-1pm	S. Collier Reg. Water Plant, 3851 City Gate Blvd. N. 2nd Floor Conf. Rm
	✓				✓	Tea Time	17th	Tuesday	5:15-6:15pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Supermarket Tour	23rd	Monday	5:15-6:15pm	Publix - Kings Lake, 4860 Davis Blvd, meet at the West entrance
	✓				✓	Tea Time	25th	Wednesday	8-9am	Heritage Bay Gov't Center 15450 Collier Blvd Conf. Rm (park behind building, entrance in back, door #200)
	✓	✓	✓	✓	✓	Can You Reverse High Blood Sugar?	26th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Label Reading	26th	Thursday	5:15-6:15pm	Driver's License Bldg - 725 Airport Rd. S.-Conf. Rm
	✓	✓	✓	✓	✓	Plant Based	30th	Monday	12-1pm	S. County Water Reclam. Fac.-5600 Warren St.
	✓	✓	✓	✓	✓	Start Smart with Breakfast Empiece el Dia Bien con el Desayuno	31st	Tuesday	7-8am	North Collier Regional Park - Admin. Building, 15000 Livingston Road-Rooms A & B
	✓	✓	✓	✓	✓	Label Reading Lectura de Etiquetas	31st	Tuesday	12-1pm	Pelican Bay Services - 6200 Watergate Way
Stress Reduction	✓				✓	Learn to Let Go with Mindfulness	12th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓				✓	Stop Stressing and Count Your Blessings	24th	Tuesday	12-1pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
Money Matters	HB Credit Only					Debt Management	18th	Wednesday	12-1pm	Property Appraisers Office - 3950 Radio Road
	HB Credit Only					Make Budgets Work	25th	Wednesday	5:15-6:15pm	Growth Management -2800 N. Horseshoe Dr. Rm 609/10
Great Outdoors	HB Credit Only					3-Mile Beach Walk Using Walking Poles Ever wonder about the benefits of using walking poles while walking? Enjoy our beautiful Naples beach on this 3-mile walk. You will discover how to maximize your walking effort using these poles.	28th	SATURDAY	10-11am	Lowdermilk Beach Park, 1301 GulfShore Blvd. N. Meet at Chickee Hut. A Beach Parking sticker is required or credit card parking meter fee.
Emotional Wellness	HB Credit Only					Raising Our Children with Roots and Wings - Instilling in children a firm foundation with confidence to excel. Sandi Hack, MSW	11th	Wednesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Risk Training Room



Weigh-out for the **Holiday Weight Challenge** Jan. 3rd-10th. Look for the weigh-out calendar on wellnessweb.colliergov.net

WEIGH-IN for Re-shape Your Frame - Body Composition Program at the Holiday Weight Challenge weigh-out sessions. Earn \$50HB in Aug/Sept when you meet the goal BMI





	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Jan. Dates	Day	Time	Location
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	✓	✓	✓	✓	✓	Sit & Be Fit	10th	Tuesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Bands Everywhere	23rd	Monday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	✓	✓	✓	✓	✓	Yoga at Growth Management \$30 Program Fee REPEAT CLASS ALLOWED	Starts 9th Mon.	Every MONDAY Jan 9 - May 8	12-1pm (no classes 1/16, 2/20)	Growth Management -Plan/Reg. Building 2800 N. Horseshoe Drive Rm 609/10
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership Required REPEAT CLASS ALLOWED	Sign up anytime	work-out 30 mins. at least 6x/month for 3 consecutive months	payroll deduct for 1 year membership	Any of the 4 CCG Park & Recreation Fitness Facilities Employee Memberships \$4.65 per paycheck
						HB Credit Only Naples Daily News Half Marathon sponsored by Gulf Coast Runners Chipped Time Race ONLY REPEAT CLASS ALLOWED	15th	Sunday	Race Starts 7:00AM	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. Must have a timed finish.

REGISTER FOR THE RESULT-BASED Healthy Bucks Programs: "Re-Shape Your Frame" - Body Composition program, "Off the Cuff" - Blood Pressure program and "Sugar Busters" - A1C Management program. Register for programs of your choice on GoSignMeUp.

Attend a *Holiday Weight Challenge* Weigh-out Clinic to weigh-IN for the Re-Shape Your Frame program. MUST weigh in by 1/31/23, either by attending a clinic or by scheduling an appointment with a Wellness Dietitian.

Repeat your weight & blood pressure at a Wellness Clinic scheduled in August or September. **CAN'T MEET THESE GOALS, REGISTER FOR THE ALTERNATIVE RESULT-BASED HB PROGRAMS BY JANUARY 31, 2023. PROGRAM DETAILS ON THE WELLNESS WEBSITE, <http://wellnessweb.colliergov.net>.**



MARK YOUR CALENDARS!
Employee Savings and Health Expo
 Thursday, January 19th, 2023
 more information to come

