



**HAVE YOU SCHEDULED YOUR MIDLAND HEALTH QUALIFYING LABS?  
IF NO...Go to [www.chpha.com](http://www.chpha.com) to schedule TODAY. DEADLINE FOR LAB DRAWS IS MARCH 31, 2020**

	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor <b>OR</b> Healthy Bucks Program Options:	Date	Day	Time	Location
<b>Nutrition</b>	✓	✓	✓	✓	✓	Sheet-pan Meals for Better Health	3rd	Monday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	4th	Tuesday	7-8am	No. Collier Reg. Water Plant-8005 Vanderbilt Bch. Rd
	✓	✓	✓	✓	✓	No Lonely Carbs	5th	Wednesday	7-8am	Utility Billing/Water Distrib-4420 Mercantile Ave, <b>E-37</b>
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	6th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Meatless Mondays Comidas de Lunes sin Carne	6th	Thursday	5:15-6:15pm	Road & Bridge - 4800 Davis Blvd.
	✓	✓	✓	✓	✓	Healthy Snacks Options to Enjoy	10th	Monday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	13th	Thursday	12-1pm	Everglades City Hall, 102 SW Copeland St., Counsel Chamber
	✓	✓	✓	✓	✓	Meatless Mondays	13th	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
For A1C Risk Factor or HB Credit Only					✓	Carb Control--Is It New for You?	18th	Tuesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Sheet-pan Meals for Better Health	19th	Wednesday	12-1pm	Golden Gate Comm. Ctr. - 4701 Golden Gate Pkw-Room C
For A1C Risk Factor or HB Credit Only					✓	Carb Control--Is It New for You?	25th	Tuesday	12-pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Healthy Snacks Options to Enjoy Bocadillos Saludables para Disfrutar	26th	Wednesday	12-1pm	Veterans Comm. Park - 1895 Veterans Park Dr., Room A&B
	✓	✓	✓	✓	✓	Meatless Mondays	27th	Thursday	5:15-6:15pm	Immokalee Road & Bridge-425 Sgt. Joe Jones Rd
<b>BLUE ZONES DINING MOAI</b>	BZ DINING MOAI INTRODUCTION MEETINGS These sessions will review the 10-week group dining program. Must attend 7 of 10 dining sessions in 10-week series for \$50 Healthy Bucks.						4th	Tuesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
							11th	Tuesday	12-1pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
							20th	Thursday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
<b>HOT TOPICS</b>	<b>HB Only</b>					Good Mood Food	3rd	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
<b>Money Mindfulness</b>	✓	✓	✓	✓	✓	Saving Food Dollars	10th	Monday	<b>4:15-5:15pm</b>	East Naples Library, 8787 Tamiami Trail East
	✓	✓	✓	✓	✓	Financial Check-up 101	24th	Monday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
<b>Emotional Wellness</b>	<b>HB Only</b>					<b>Emotional Wellness &amp; Our Physical Health</b> presented by <b>Susie Rosbottom, LMHC.</b> Discussion on the importance of emotional wellbeing for health as being confident and positive with the ability to with the ups and downs of life.	26th	Wednesday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610

**Fitness, Stress Reduction & The Great Outdoors Programs offered on 2nd Page  
REGISTER FOR ALL PROGRAMS ON <http://colliergov.GoSignMeUp.com>  
*Baby Basics 5K Run & Walk - Saturday Feb. 1st - \$50HB (details on 2nd page)***



	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor <b>OR</b> Healthy Bucks Program Options:	Date	Day	Time	Location
Fitness	✓	✓	✓	✓	✓	Floor Core Exercises	5th	Wednesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Chair Yoga	12th	Wednesday	12-1pm	FL Extension Office, UF/IFAS, 14700 Immokalee Rd, Auditorium
Suitable exercise attire & tennis shoes required for class entry.	✓	✓	✓	✓	✓	Increase Your Muscle Mass	12th	Wednesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership <u>Required</u> <b>REPEAT CLASS ALLOWED</b>	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <u>consecutive</u>	payroll deduct for 1 year membership	Any of the 5 CCG Park & Recreation Fitness Facilities <b>PLUS</b> the Employee Wellness Fitness /Center <b>Employee Memberships \$4.65 per paycheck</b>
						<b>HB Only</b> CCG Park n' Rec Baby Basics 5K Run & Walk (\$25 Registration Fee). Raises money for baby diapers for those needing assistance.	1st	Saturday	Race Starts 8:00AM	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. <b>Must have a CHIP/timed finish for HB credit.</b> This race will be conducted at North Collier Regional Park, 15000 Livingston Road.
						<b>HB Only</b> Naples Golden Eagle 5K Run (\$30 Registration Fee). Benefits Track & Field and Band Boosters	29th	Saturday	Race Starts 7:30AM	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. <b>Must have a CHIP/timed finish for HB credit.</b>
STRESS REDUCTION	✓					BP Risk Factor or HB Only	19th	Wednesday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
	✓						27th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
The Great Outdoors						<b>Canoe Trip at Barefoot Beach Preserve</b> Join us on a 2-hour canoe trip. Experience the inland waterways at Wiggins Pass in a 2-man canoe. All equipment will be provided. Space is limited to 15 participants. A parking waiver will be provided for those without a Beach Parking sticker. <b>\$50 HEALTHY BUCKS CREDIT ONLY</b>	22nd	SATURDAY	9:30-11:00am	Barefoot Beach Preserve at Wiggins Pass, 505 Barefoot Beach Blvd. Meet at launch area. <b>A BEACH PARKING STICKER IS NECESSARY. PLEASE CONTACT KAREN EASTMAN IF YOU DO NOT HAVE ONE AT 252-6092.</b>

**Result-based Healthy Bucks Programs - \$150 HB earned by participating in these programs:**

- 1.) *Re-shape Your Frame* - Body Composition Program - \$50HB (The Midland Health initial weight and BMI will be used as your baseline data).
  - **Maintain a BMI less than 25** **OR** if **BMI is 25-29.9** then lose 5% of initial weight as recorded on your Midland Health Lab form at the Wellness Weight - Waist Circumference Clinic
  - if **BMI is greater or equal to 30**, then lose 10% of initial weight as recorded on your Midland Health Lab form at the Wellness Weight - Waist Circumference Clinic
 OR YOU CAN SELECT:
  - **Waist Circumference** Women less than 35 inches Men less than 40 inches
- 2.) *Off the Cuff* - Blood Pressure Program - \$50HB
  - **Blood Pressure less than 130/90**
- 3.) *Sugar Busters* - A1C Management Program - \$50HB
  - **A1C less than 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C less than or equal to 7%**

Weigh-outs and Blood Pressure taken in August or September 2020 at the Wellness Clinics conducted at different locations. No appointment necessary.  
**Repeat A1C starts July 17-September 30th thru the MedCenters by appointment.**