



JUNE 2021 WELLNESS PROGRAM OPTIONS FOR \$75 HEALTHY BUCKS (HB Values have increased due to Covid-19. Attend HB Programs on NON-WORK Time)

HEALTH ADVOCATE & WELLNESS APPOINTMENTS MUST BE COMPLETED BY JUNE 30, 2021. YOU WILL BE PLACED IN THE BASIC GROUP HEALTH PLAN IF THE JUNE 30TH DEADLINE DATE IS NOT MET. NEW HIRE EMPLOYEES AS OF JAN. 1, 2021 HAVE UNTIL SEPT. 31, 2021 TO MEET QUALIFIERS.

HB CATEGORIES		June Dates	Day	Time	Location	
Nutrition	Ways to Reduce Body Fats & Blood Fats	2nd	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room	
	Easy Meals in a Bowl	7th	Monday	5:15-6:15pm	Marco Island Tax Collector Office, 1040 Winterberry Drive, Marco Island	
	The Hype & Hypertension	8th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room	
	The Heart of the Matter	10th	Thursday	12-1pm	Main Campus - Risk Management Training Room	
	Test Your Food & Health Smarts	14th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room	
	Undo It wth Lifestyle Changes	15th	Tuesday	12-1pm	Property Appraiser Office - 3950 Radio Road, Conference Room	
	Easy Meals in a Bowl	16th	Wednesday	12-1pm	Everglades City Hall - 102 Copeland Avenue, Council Chambers	
	The Hype & Hypertension	17th	Thursday	1-2PM	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm	
	Ways to Reduce Body Fats & Blood Fats	23rd	Wednesday	5:15-6:15pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Rooms 609 & 610	
	Easy Meals in a Bowl	29th	Tuesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm	
	Test Your Food & Health Smarts	30th	Wednesday	5:15-6:15pm	Road & Bridge - 4800 Davis Blvd, Training Room	
	HOT TOPIC <i>(these program topics are requested thru the Wellness surveys)</i>	Essentrics Easy Stretch Traci Rollins, a certified Essentrics instructor, will lead the group through easy stretch exercises to keep you limber. This 45-minute program is like the PBS tv program offered by Miranda Esmonde-White.	7th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
			14th	Monday	12-1pm	Main Campus - Risk Management Training Room
23rd			Wednesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm	
30th			Wednesday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Rooms 609 & 610	
Money	Making Budgets Work	2nd	Wednesday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Rooms 609 & 610	
Matters	Debt Management	22nd	Tuesday	12-1pm	Main Campus - Risk Management Training Room	
Emotional Wellness	Trauma and the Brain , presented by Jaime Crossan-DeBres, LCSW. Learn how trauma influences the way our brain develops & how our emotional responses triggered in the brain.	9th	Wednesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm	
Stress Reduction	Laugh Out Loud to Reduce Worry	3rd	Thursday	12-1pm	Main Campus - Risk Management Training Room	
	Mindfulness for Peace & Calm	24th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room	
The Great Outdoors	Beginners Cycle Spin Class You've seen them "spinning" on TV and wondered, "Can I do that?" Come on out and join this fun beginners spin class. Enrollment is limited.	26th	SATURDAY	11am-12pm	The Athletica Health & Fitness facility is hosting this event. Jim Moore, from our Collier County Tax Collector Office, will lead this beginner's spin class. Athletica Health & Fitness - 4019 Santa Barbara Boulevard. This is a FREE introductory session offered to Collier County Government employees and CCG agencies (CCSO and Health Dept unfortunately not included at this time.)	

ADDITIONAL PROGRAMS ON THE NEXT PAGE: FITNESS & RESULT-BASED HB PROGRAMS - Register for all programs on <http://colliergov.GoSignMeUp.com>

HB CATEGORIES		June Dates	Day	Time	Location
Fitness	Self Care Exercises	21st	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
YOU WILL BE REQUIRED TO EXERCISE DURING ALL	Movement & Flexibility	28th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Yoga for Everybody at Growth Management - Introduction to simple yoga moves to tone & increase flexibility.	Starts June 7th	Every Monday 6/7-9/27	12-1pm (no class 7/5 and 9/6)	Growth Management-2800 N. Horseshoe Dr. Rm 609. PAYMENT OF \$30 DUE 1ST SESSION. PARK N'REC FITNESS MEMBERSHIP DOES NOT APPLY.
	Fitness Center Program - CCG Park & Recreation Membership Required. Fitness Membership is \$4.69 per pay period for 1 year for all 6 facility access.	Sign up anytime	work-out 30 mins. at least 6x/month for 3 consecutive months	payroll deduct for 1 year membership	Any of the 6 CCG Park & Recreation Fitness Facilities-Includes Main Campus Employee Wellness Fitness Center (Register on 7/31 date in GoSignMeUp System)

You MUST register for the below programs by July 31, 2021 on the GoSignMeUp registration system:

Earn \$150 Healthy Bucks from the above programs and The Remainder \$150 Healthy Bucks earned by participating in these programs for Maximum \$300HB:

- 1.) **Off the Cuff - Blood Pressure Program - \$75HB** GOAL: Blood Pressure < 130/90
 - Attend a Wellness Blood Pressure - Weight Clinic in August or by September 30, 2021 for a Blood Pressure reading.
- 2.) **Sugar Busters - A1C Management Program - \$75HB** GOAL: A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C ≤ 7%
 - Lab draws start July 23rd thru Sept. 30, 2021
 - Use either MedCenters to have your non-fasting A1C lab drawn **by appointment**.
Call the Main Campus MedCenter: 239-252-4257 or North MedCenter: 239-315-7111.
- 3.) **Re-shape Your Frame - Body Composition Program - \$75HB** GOAL: Attain or Maintain a BMI < 25 OR if BMI was 25-29.9 at the Jan. 2021 weigh-in, then you need to have lost 5% of weigh-in weight.
 - if BMI was ≥ 30 at the Jan. 2021 weigh-in, then you need to have lost 10% of weigh-in weight.
OR YOU CAN SELECT:
 - **Waist Circumference** Women < 35 inches Men < 40 inches
OR YOU CAN SELECT:
 - **Percent Body Fat** (reserved for muscular individuals only) Women ≤ 31% Men ≤ 24%
Must Call Wellness to be have a % Body Fat Test

