



MARCH 2021- WELLNESS HEALTHY BUCK PROGRAMS ATTENDED ON NON-WORK TIME. EACH HB PROGRAM NOW WORTH \$75HB DUE TO COVID-19.

NATIONAL NUTRITION MONTH
Attend the \$75HB *Personalize Your Plate* program and receive a pair of kitchen scissors.

THE MARCH 31ST DEADLINE IS FAST APPROACHING FOR QUALIFYING LABS. ALL SPOUSES, NEW HIRES & EMPLOYEE UPGRADES NEED TO TAKE ACTION.
Use www.chpha.com to schedule **TODAY** the lab draw.




\$75 Healthy Bucks Program Options:		Date	Day	Time	Location
NUTRITION MONTH	Personalize Your Plate	1st	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Personalize Your Plate	2nd	Tuesday	12-1pm	Collier County Extension Service (IF/IFAS), 14700 Immokalee Rd, Classroom
	Personalize Your Plate	3rd	Wednesday	12-1pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
	Personalize Your Plate	4th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Personalize Your Plate	8th	Monday	12-1pm	Fleet Management-2901 County Barn Rd., Training Rm
	Personalize Your Plate	9th	Tuesday	12-1pm	Golden Gate Comm. Ctr. - 4701 Golden Gate Pkw-Room C
	Personalize Your Plate	9th	Tuesday	6-7pm	No. Collier Gov't Center - 2335 Orange Blossom Dr., Town Hall Mtg Room
	Personalize Your Plate	10th	Wednesday	12-1pm	Property Appraiser Office-3950 Radio Rd, Conference Rm
	Personalize Your Plate	11th	Thursday	12-1pm	Pelican Bay Services-6200 Watergate Way, Confence Rm * Dining Area
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	Personalize Your Plate	15th	Monday	12-1pm	Everglades City Hall, 102 SW Copeland St., Counsel Chamber
	Personalize Your Plate	16th	Tuesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Personalize Your Plate	18th	Thursday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
	Personalize Your Plate	22nd	Monday	12-1pm	Supervisors of Elections - 3750 Enterprise Ave, Train Rm 1
	Personalize Your Plate	22nd	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Personalize Your Plate	24th	Wednesday	8-9am	GreenTree Tax Collector Office-2348 Immokalee Rd., Dining Area
Personalize Your Plate	24th	Wednesday	5:15-6:15pm	No. Collier Gov't Center - 2335 Orange Blossom Dr., Town Hall Mtg Room	
Personalize Your Plate	29th	Monday	6-7pm	Golden Gate Comm. Ctr. - 4701 Golden Gate Pkw-Room C	
Personalize Your Plate	30th	Tuesday	7-8AM	North Collier Regional Park-Admin Bldg, 15000 Livingston Rd., Rm A 7 C	
Personalize Your Plate	31st	Wednesday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr., Town Hall Mtg Room	
Personalize Your Plate	31st	Wednesday	5:15-6:15pm	Immokalee Library-417 North 1st St, Rm A	
HOT TOPIC	Water 101: Know the Different Types	4th	Thursday	5:15-6:15pm	No. Collier Gov't Center - 2335 Orange Blossom Dr., Town Hall Mtg Room
	Water 101: Know the Different Types	8th	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Water 101: Know the Different Types	17th	Wednesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Water 101: Know the Different Types	23rd	Tuesday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
Money Matters	Debt Management	18th	Thursday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Making Budgets Work	30th	Tuesday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610



VISIT THE WELLNESS FITNESS CENTER FOR A FREE MINI WORK-OUT (15 MINS) FOR NATIONAL NUTRITION MONTH - WEEK OF MARCH 3rd-11th.
Receive a LED SAFETY WALKING/RUNNING STROBELIGHT and a delicious piece of fruit for participating in the mini work-out session.
Simply walk-in on the scheduled mini work-out times offered on second page.

Emotional Wellness, Fitness, The Great Outdoors Programs & National Nutrition Month-Fitness activities offered on 2nd Page. REGISTER FOR ALL PROGRAMS ON <http://colliergov.GoSignMeUp.com>

	\$75 Healthy Bucks Program Options:	Date	Day	Time	Location
Emotional Wellness	<i>Mindfulness</i> presented by Sandra Hack, MSW. Practicing mindfulness on a daily basis has many health benefits. Sandi will discuss techniques to become fully present (mindful) naturally.	23rd	Tuesday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr., Town Hall Mtg Room
Fitness <i>Yoga, Zumba, Exercise Tools, and Strength Conditioning</i> \$30 PROGRAM payment due FIRST SESSION. (FREE with P&R Fitness Membership)	Movement for Flexibility	17th	Wednesday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Exercise Your Stress	25th	Thursday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr., Town Hall Mtg Room
	<i>Yoga for Everybody - Introduction to simple yoga moves to tone & increase flexibility.</i>	Starts Mar.15	Every Mon & Wed (3/15-5/5)	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	<i>Zumba - Movement & Music No need to have rhythm...join the simple dance moves to Latin music to tone & burn calories .</i>	Starts Mar.15	Every Mon & Wed (3/15-5/5)	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	<i>Intro to Different Exercise Tools - Each week you'll be introduced to kettle balls, dumbbell weights, ladder drills, and sliders/bands. Come have some fun!</i>	Starts Mar.16	Every Tues & Thurs (3/16-5/6)	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	<i>Strength Conditioning - An intro exercise regimen to build muscle, tone your body, and burn excess fat.</i>	Starts Mar.16	Every Tues & Thurs (3/16-5/6)	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
Fitness Center Program - CCG Park & Recreation Membership <u>Required</u> . 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)	
	Baker Park 5K Run	27th	Saturday	7:30am	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. Must have a CHIP/timed finish for HB credit.
The Great Outdoors	Yoga on the Beach at Lowdermilk Park Enjoy a relaxing beginners yoga session lead by a certified yoga instructor. Bring a yoga mat or beach towel, water for hydration and wear sunscreen.	20TH	SATURDAY	9-10am	Lowdermilk Park, 1301 Gulfshore Blvd North, Naples, FL. You will need a Beach Parking Pass or else pay by credit card TO FEED PARKING METER for parking. Meet Wellness staff by chickee hut.

NATIONAL NUTRITION MONTH FITNESS ACTIVITY - MINI WORK-OUT SESSIONS

Come have some fun celebrating National Nutrition Month! The **Main Campus Wellness Fitness Center** (next door to Facilities Building) will host a FREE 15-minute mini exercise session using different pieces of cable machinery and weights. Attend during one of the below dates & time slots. **ALL ATTENDEES WILL RECEIVE A LED WALK/RUN SAFETY STROBELIGHT, A DELICIOUS APPLE OR ORANGE, AND BOTTLE OF WATER.** (You will not need to change clothes for these mini sessions. Wear pants/slacks/or shorts during mini work-out sessions.)

(NO NEED TO REGISTER FOR VISITS ON GSMU---SIMPLY SHOW UP AT BELOW TIMES.)

March 3rd-Wed., 4th-Thur., 8th-Mon., 9th-Tue., 10th-Wed., and 11th-Thur.



LED STROBELIGHT

**7:40-7:55AM
8:00-8:15AM
10:30-10:45AM
11:40-11:55AM**

**12:00-12:15PM
12:40-12:55PM
1:00-1:15PM
1:40-1:55PM
2:00-2:15PM
2:40-2:55PM**

**4:00-4:15PM
4:40-4:55PM
5:00-5:15PM
5:30-5:45PM
(No Tours Friday, Saturday, or Sundays)**