



May 2026 - 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



May is National Physical Fitness Month! Take a look at our May-Exclusive fitness programs below- Prizes included!

To celebrate National Physical Fitness Month, don't miss out on "FIT" Bingo! Stop in between 11am and 2pm Thursdays May 7th and 21st for snacks, Healthy Bucks, and a chance to win more prizes! You can also participate in the May Fitness Month Challenge. See details below!

	Class Title	Date	Day	Time	Location
Nutrition	The Miraculous Microbiome	4th	Monday	12-1pm	UF/IFAS Collier Extension - 14700 Immokalee Rd
	Eat Broadly, Live Boldly!	5th	Tuesday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	The Miraculous Microbiome	7th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	The Miraculous Microbiome	8th	Friday	8-9am	Heritage Bay - 15450 Collier Blvd, Towne Hall Meeting Room
	The Power of Time	11th	Monday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	SELFISH Living: Your Heart Healthy Wellness Plan Vida Egoista: Tu Plan de Bienestar para un Corazon Sano	12th	Tuesday	12-1pm	Pelican Bay - NEW Building: 6200 Watergate Way Take Gulf Park Dr. from US41. Cross tiny bridge, make a U-turn, then a Right.
	Discover the Power of Nutrition	12th	Tuesday	5:15-6:15pm	Drivers License - 725 S Airport Pulling Rd, Conference Room
	Discover the Power of Nutrition Descubre el Poder de la Nutricion	14th	Thursday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Alcohol: The Hard Proof	15th	Friday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Eat Broadly, Live Boldly!	18th	Monday	12-1pm	S Regional Library - 8065 Lely Cultural Parkway, Auditorium
	7 Habits of Highly Effective Diabetes Self-Management	21st	Thursday	5:15-6:15pm	Immokalee Community Park - 321 N First St
	The Power of Time	28th	Thursday	7-8am	Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room
Beyond Carrots	28th	Thursday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room	
Fitness	Tropicool 5K	2nd	Saturday	7:30am	Register on Gulf Coast Runners- Naples and on GoSignMeUp. Registration fees apply. Must have a timed finish.
	"FIT" BINGO!	7th 21st	Thursday	11am-2pm	Come join in "FIT" Bingo May 7th or 21st for fun, snacks and prizes. Complete 1 exercise from each category (1 Fast – 1 Isometric – 1 Total Body) of your bingo card, horizontally or diagonally, for \$50 Healthy Bucks! Fitness membership <i>NOT</i> required.
	May Fitness Month Challenge	1st-31st	Workout 10min, 12x during the month of May		Get moving and build good habits with just 10 minutes a day! Similar to our Fitness Center Program and Holiday Fitness Challenge. Attend the Main Campus Employee Fitness Center 12x during the month of May -AND EXERCISE FOR ATLEAST 10 MINUTES EACH TIME-- to earn \$50 Healthy Bucks! CCG Park & Rec Membership Required. Employee Memberships \$4.69 per paycheck.

See second page for more FITNESS, GREAT OUTDOORS, EMOTIONAL WELLNESS, GROUP STRESS REDUCTION, and MONEY MATTERS programs.

Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Zumba Caliente	13th	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Fitness Center Program	Jan-Sep	Workout 30min, 6x/mo, for 3 consecutive months		Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. Employee Memberships \$4.69 per paycheck.
Great Outdoors	Pound the Pavement 2 (may be repeated from April)	4th-8th	Mon-Fri	Gather your largest work group and WALK AS A TEAM before work, after work, or during breaktime. Walk 30min as a team. YOU MUST TAKE A PICTURE OF TEAM WALKERS, LIST NAMES AND SAP NUMBERS, AND SEND TO: wellness@collier.gov for \$25 Healthy Bucks ONLY.	
Emotional Wellness	Grief, Loss, and Being a Caregiver <i>Christine Brinkert, LCSW</i>	27th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Group Stress Reduction	Overcoming Burnout: Recognizing and Rebalancing	19th	Tuesday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room AB
	Coping with Anxiety and Uncertainty	21st	Thursday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
Money Matters	Debt Management	5th	Tuesday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	Debt Management Gestion de Duedas	26th	Tuesday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Rooms AB and C

Register for all Wellness programs on <http://colliergov.GoSignMeUp.com>

F "Fast"	I "Isometric"	T "Total Body"
Jumping Jax 30s	Plank 30s	Walking Lunges x10
High Knees 30s	Wall Sit 30s	Push Ups x10
Battle Rope 30s	Bridge Hold 30s	Squat Press x10