

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



JUNE 2022

Pride Month: Health Equality for All

By Jane Grannis, Wellness Manager

Pride Month is cause for celebration and awareness of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) communities. It is also a time to reflect on the communities' history starting with the Stone Wall Riots in 1969 which is a turning point for LGBTQ rights. Support for LGBTQ pride has grown considerably over the last several decades, but there's still a long way to go, especially in the health domain.

Challenges and Risks

LGBTQ communities face unique challenges and an increased risk of disease, substance misuse, mental health conditions including suicide, mood disorders and anxiety. According to the [Office of Disease Prevention and Health Promotion](#) and [HIV.Gov](#) other risks include:

- The highest rates of tobacco, alcohol, and other drug use.
- Lesbians are less likely to get preventive services for cancer.
- Lesbians and bisexual females are more likely to be overweight or obese.
- Transgender individuals have a high prevalence of HIV/STDs, victimization, mental health issues, and suicide and are less likely to have health insurance than heterosexual or LGB individuals.
- Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers.
- Transgender women, gay Black/African American and Hispanic/Latino men have the [highest risk](#) for HIV infection and STDs.

So Why the Health Disparity?

Like other minority groups, LGBTQ communities face health disparities, which are differences in health between different groups of people, for a variety of complex reasons, including but not limited to fear due to social stigma and discrimination, bias in the healthcare system, access to health insurance and health services and a shortage of healthcare providers knowledgeable and culturally competent in LGBTQ health.

However, there is progress on both policy and practical levels. Federal agencies including Healthypeople.gov's [Office of Disease Prevention and Health Promotion](#) pledged to improve

LGBTQ health by adding 2 additional national health surveys that collect sexual orientation data (there were 6 prior). This is important because this data will help document and address factors that contribute to health disparity. Also, the [Department of Health and Human Services](#) identified ways to advance equality for LGBTQ Americans.

Cigna Support

Our medical plan ensures that all employees and their dependents get the care they need through our health insurance, and Cigna also works on several levels to reduce LGBTQ disparities. They have created a *National Medical Director for LGBTQ Health and Wellbeing* position. Furthermore, Cigna also trains its employees as well as Cigna clinicians on health disparity. For more information and resources, see [LGBTQ Health Disparities](#) and [Cigna resources](#).

Additionally, seeking and finding the right provider goes a long way toward ensuring everyone has resources they need to get and stay healthy. Use Cigna tools to search in-network providers by specialty and consider calling the provider to get more information. You can also find providers through the [Gay and Lesbian Medical Association provider directory](#). Visit the [Cigna website](#) to ensure that they are in-network.

[Lorelei Keif](#), our Onsite Employee Assistance Program Counselor, provides counseling services in person or virtually. Her office hours and more information is available on her webpage. She can be reached by phone at (727) 464-4555, Option 4, or [email](#) (personal email suggested).

The [EAP](#) is also a great place for support, counseling and resources. All employees and members of their household have access to full EAP benefits 24/7 by calling (800) 862-3557.

Related June Activities of Interest

- [EAP Power of Authenticity webinar](#) – Does your public image match your inner truth? Learn what happens when our true self does not align with our outward self on **June 17, 12:00 p.m. or June 30, 12:30 p.m.**
- [National EAP Webcast](#): Gender Transition and the Workplace, **Wednesday, June 16, 1 p.m.**

"Water" You Having to Drink?

By Brittany Hartup, BSN, RN
Cigna Nurse Health Coach



Brittany Hartup

Can you believe it's summertime again? As temperatures increase, so should your water intake. Our bodies [naturally lose water](#) through sweat, urine, sickness, and even breathing! Certain medications, like some used to treat kidney or heart problems, can cause water loss, too.

Check in with your body often to stay ahead of dehydration. If you're thirsty, you're already mildly dehydrated. Notice [other changes](#) such as dark urine, headache, fatigue, dry mouth, increased heart rate with low blood pressure, flushed red skin, muscle cramps, and chills. Replenish fluids immediately while resting inside or under shade. It takes time to restore the body and may take about 10 minutes before you see improvement. Get medical attention immediately if you experience a fever of 103° (or higher), muscle twitching, confusion, fainting, and/or stop sweating altogether as these are severe signs of dehydration and heatstroke and can be life-threatening.



Drink water consistently throughout the day to best prevent dehydration. According to [Harvard School of Public Health](#), the familiar saying of "8 glasses a day" is likely not enough. Men should generally

drink about 13 to 16 cups, while women should drink about 9 to 12 cups. Talk to your onsite health coach or physician about what is appropriate for you as needs vary based on weight, health conditions, medications, and more.

Fluids are not created equally! Avoid drinks high in sugar and caffeine. Caffeine increases the amount of urine excreted, so limit to 180mg (about two cups of coffee). Sports drinks advertise electrolyte replenishment; however, they are necessary only during physical activity in hot conditions for an hour or more and are unnecessary for regular activity or exercise.

So how do you make sure to drink enough?

- Fill up a refillable bottle in the morning and keep it with you all day.
- To keep track, purchase a bottle with clearly marked ounces or know how many refills are required to meet your goal.

- Track intake with a phone app.
- If you're forgetful, set an alarm on your watch, phone or calendar.

Getting bored with plain water? Try adding fresh cucumber, mint, lemon, lime, or orange slices. Herbal teas (iced or hot) are also good options because they do not contain caffeine. [Some foods are naturally water dense](#). Watermelon, peaches, strawberries, oranges, and cantaloupe boast a water content between 88-98%! Cucumbers, zucchini, spinach, bell peppers, and celery are also great choices.



Your brain, kidneys, and other organs are relying on you to keep them healthy in this summer heat. Set goals for yourself to increase your fluid and water-dense food intake to stay hydrated and healthy.



Cigna Nurse Health Coach [Brittany Hartup](#) provides coaching on preventing and managing chronic conditions.

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Multivitamins: Money Wasted or Much Needed?

By Shannon Parks, MPH, RD, CPH
Cigna Nutrition Health Coach



Shannon Parks

Like many American adults in this day and age, you may be on the fence about whether to take a daily multivitamin. You may still be taking the Flintstones chewable multivitamins that made their mark on your childhood. (They taste good!)

So, what's the right answer? Well, that depends. Some diets, such as vegan and vegetarian need a boost from multivitamin and mineral supplements to get adequate amounts of vitamin B-12 and iron. Certain people such as women who are family planning, pregnant, or lactating as well as individuals with osteoporosis or renal disease may benefit from the addition of a daily multivitamin.

The Food and Drug Administration fortifies commonly consumed foods such as bread and cereals with certain vitamins and minerals to help decrease the incidence of diseases, including malnutrition. Fortification is important because it helps fill a vitamin deficiency gap; however, it does not mean that we're getting all of the nutrients we need.



Some foods are so processed that certain nutrients are stripped and added back in. This is the case with certain grains like cereals, rice, breads, and pastas that are fortified with iron or B vitamins. Dairy, juice and salt are fortified

with vitamins and minerals to boost their nutrient value as well. As beneficial as fortification is, these foods may not contain antioxidants and other important vitamins and minerals our bodies need. Consuming less processed foods and routinely adding fresh fruits and vegetables, whole grains, legumes, and lean protein into our diet increases the nutrient intake our body needs.

Think of a multivitamin in this way: If you take a pail with a few pin-sized holes to the beach to try to collect water, it will leak, making it harder to make a sandcastle moat. However, if you cover those holes with duct tape, you'd seal the leak and master that moat. In this example, multivitamins are the duct tape – they make sure you're getting all the nutrients you may be missing in your normal dietary intake.

To determine if you're getting the recommended daily intake, log your food for a week using apps such as *Lose It*

or *MyFitnessPal*. For a more personalized approach, schedule a free appointment with me, your Cigna Onsite Nutrition Health Coach to see if supplementation is necessary.

If you choose to start taking a multivitamin supplement, look for "whole food dietary supplement" or "food-based multivitamin" on the label. These supplements are made from whole food versus chemically engineered. Additionally, look for supplements that are USP certified to meet quality standards. As always, check with your doctor before starting any over-the-counter supplements.



Cigna Nutrition Health Coach [Shannon Parks](#) provides coaching on nutrition and wellness.

Upcoming Blood Drives

Walk-ins are welcome or you can [schedule an appointment](#).

Public Works

22211 U.S. Hwy. 19 North, Clearwater
(in front of the Survey building)
June 9, Noon to 5:00 p.m.

North County Tax Collector

29399 U.S. Hwy. 19 North, Clearwater
June 14, 11:00 a.m. to 2:00 p.m.

Downtown Clearwater Courthouse

315 Court Street, Clearwater (west parking lot)
June 15, 11:00 a.m. to 4:00 p.m.

Mid County Tax Collector

13025 Starkey Road, Largo
June 15, 11:30 a.m. to 2:30 p.m.

St. Pete-Clearwater Airport

14700 Terminal Blvd., Clearwater
June 16, 9:00 a.m. to 2:30 p.m.

STAR Center

7887 Bryan Dairy Road, Largo
June 16, 9:00 a.m. to 1:30 p.m.

Utilities

14 S. Ft. Harrison Avenue, Clearwater
June 22, 11:00 a.m. to 4:00 p.m.



Mark Your Calendar: Wellness Activities for You

Brain Break: Decompress to Stress Less



Need a mid-week brain break? Join Onsite Nurse Health Coach Brittany, [every Wednesday at 2:30 p.m. for 15 minutes](#) to enjoy word games, trivia, stretching, and more to give your brain a break!

Healthy Living and Understanding Alzheimer's



June is Alzheimer's and Brain Awareness Month. Join an Alzheimer's Association Community Educator to learn more about the disease:

- **Healthy Living for Your Brain and Body: Tips from the Latest Research** - [Register now](#) for a 1-hour webinar on **June 13 at 12:30 p.m. or June 21 at 12:00 p.m.** The health of the brain and body are very much connected. Find out the latest research and learn hands-on tools to support healthy aging.
- **Understanding Alzheimer's** - [Register now](#) for a 1-hour webinar on **June 24 at 12:00 p.m. or June 27 at 1:00 p.m.** Learn the impact of the disease, the difference between Alzheimer's and dementia, stages and risk factors, current research, treatment, and resources.

Garden4Life: Getting Ready for Fall Planting



Fall is excellent for gardening in Florida and summer is a great time to prepare. Join Extension's Theresa Badurek, Urban Horticulturist, to get ready for fall planting. [Register now](#) for this 1-hour webinar on **Thursday, June 16, 12:30 - 1:30 p.m.**

Cook Along Kitchen: Eat the Rainbow



Join Onsite Nutrition Health Coach Shannon's live cooking demo, as she grills up colorful rainbow veggie kabobs. [Register now](#) for this half-hour demo on **Friday, June 17, 12:30 - 1:00 p.m.**

Meditation Monday



Build a healthy habit and start the week off with the right mindset. Pop in every Monday morning and/or afternoon for a 15-minute guided live meditation. [Register now](#) for either the morning (9:00 a.m.), afternoon (3:30 p.m.), or both sessions.

Men's Health Webinars



June is Men's Health Month. Attend informative webinars specifically geared to you.

- **Testosterone & Men's Health** - Join Dr. Nicole Szell to learn important components of a healthy body for males and how testosterone, regular exercise, diet, and sleep are related. [Register now](#) for a 45-minute webinar on **June 14 at 12:00 p.m.**
- **Healthy Tips for Men** - Join Dr. Ben Bachus to take charge of your overall health and learn science-based strategies for good health and risk factors you'll want to keep on your radar. [Register now](#) for a 1-hour webinar on **June 15 at 12:00 p.m. or June 22 at 12:30 p.m.**

The Power of Authenticity



When our true self does not align with our outward self, we may experience stress, anxiety or depression, which puts us at a higher risk for other health conditions. [Register now](#) for this 1-hour Employee Assistance Program (EAP) webinar **June 17, 12:00 p.m. or June 30, 12:30 p.m.**

Protect Your Heart



Come learn heart healthy habits! Join Onsite Nutrition Health Coach Shannon for a 3-week webinar series to learn ways to reduce blood pressure, understand the difference nutrition makes in heart health, and learn simple daily habits to help protect and promote the health of your heart. [Register now](#) for the webinar series offered on **consecutive Wednesdays, 12:00 to 12:30 p.m. starting June 15.**





Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark - 601 N. Old Coachman Road, Clearwater

Saturday, June 18

6:30 p.m. Game

5:00 p.m. Gates Open



Palm Beach Cardinals

VS



Clearwater Threshers

Enjoy a fun night out at the ballpark with family, friends, or co-workers at a discounted rate!

\$15.50 per person

(Ages 4 & under are FREE)

Your tickets include:

Seating in the Hot Corner Cafe

All You Can Eat and Drink

from 5:00 - 7:30 p.m.

(hot dogs, hamburgers, cheeseburgers, peanuts, popcorn, chips, ice cream sandwiches, soft drinks and bottled water)

\$3.00 draft beer

from 5:00 - 7:30 p.m.

For tickets and info:

Dan Madden

(727) 712-4403

Pinellas County has arranged this discounted rate for employees. No strings - just grab your tickets and have fun!

Tickets can also be purchased the day of the game at window #2 at the west box office off of Old Coachman Road. No county ID required. Simply identify yourself as part of the Pinellas County group.



Enjoy post-game fireworks!

05/02/22



WELLNESS CHAMPION SPOTLIGHT

Mary Schwartz

County Attorney's Office

Every department has a [Wellness Champion](#) who helps to communicate important wellness events, reminders and updates, as well as support you. They do amazing work and we'd like for you to get to know them!



Mary Schwartz

How long have you worked for Pinellas County?

I have worked for Pinellas County for 16 years.

Tell us a little about yourself.

I was born at MacDill Air Force Base because my dad was in the military for 30 years. I've lived in Florida, England, Massachusetts, New Jersey, Maryland, and Ohio.

When I was young, I loved moving around. The older I got, the harder it was. When my dad retired, my parents became winter residents in New Port Richey. I visited once a year and in 2001, I moved back to Florida. I live in Tarpon Springs with my husband, and two kitty fur babies, Simba and Samba. My husband and I love to be outdoors exploring our parks and beaches. I have one daughter who lives in Ohio with her family and furry friends.

Why did you want to serve as a Wellness Champion?

When the Wellness Program first began our head attorney at the time thought I would be a good fit for the role. Although I have a major sweet tooth, I exercise regularly and try to eat healthy most of the time. I enjoy seeing all the wonderful programs that we are so blessed to have working for Pinellas County. We have a huge staff in our office, and everyone has their way of taking care of their health.

What do you do to take care of yourself?

I enjoy going to the gym for the camaraderie. We all share our fitness journeys. I do Zumba, weight training, yoga, HIIT, and walking. In my spare time I like to read, and swim in the pool or at one of our many wonderful beaches.

Rainbow Veggie Skewers

Ingredients:

- 2 small zucchini, cut into 1/2-in coins
- 2 small yellow squash, cut into 1/2-in coins
- 1 small eggplant, cut into 1 1/2-in cubes
- 2 each red, yellow, and green bell peppers cut into 1 1/2-in square
- 1 small red onion, cut into quarters
- 1 pint cherry or grape tomatoes
- 1 lb. baby portabella mushrooms, destemmed
- Balsamic glaze
- Salt and pepper to taste
- Cooking spray
- 16 pre-soaked wooden or metal skewers



Directions:

- Pre-soak skewers if using wooden skewers. Heat grill to medium heat, or heat oven to 350 degree Fahrenheit.
- To achieve a rainbow aesthetic, skewer the vegetables as follows: 1 mushroom, 2 pieces eggplant, 1 wedge red onion, 2 pieces zucchini, 2 pieces yellow squash, 3 pieces orange bell pepper, 2 tomatoes, 1 mushroom
- Spray with cooking spray, season with salt and pepper to taste.
- Grill for two minutes per side, flipping to cook on all four sides of the kabob. Remove from grill and drizzle with balsamic glaze.

Sign up for the [cooking demo](#) on Friday, June 16 at 12:30 p.m.

EAP Wellness Webcast



We are pleased to offer national webcasts through Cigna EAP on Wednesdays at 1 p.m. [Sign up now](#) and stay tuned for more throughout the year.

- **June 16 - Gender Transition and the Workplace**
Changing genders can be a hard concept to understand. We'll talk about gender identity and what it means to transition. We'll talk about gender identity, what it means to transition, discuss FAQs and impact on the workplace. You'll learn how you can be part of a respectful response to this change.



June is Men's Health Month

By Nicki Lanauze, Wellness Technician

During Men's Health Week (June 13-19) and the #ShowUsYourBlue campaign, men and women are encouraged to wear blue at work to show their support for the health and well-being of men and boys.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Check out [Cigna's Men's Health](#) for more information on men's health topics, medical tests and other resources.

On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death.

The American Cancer Society's [estimates](#) for prostate cancer in the United States in 2022 are:

- About 268,490 new cases of prostate cancer
- About 34,500 deaths from prostate cancer



Uncomplicate your yearly preventive wellness screening by going virtually!

No longer do you have to miss work, commute, or wait at your doctor's office. If you are on the County's plan, Cigna offers [virtual care \(telehealth\)](#) options without having to leave work or home. This service includes an annual physical you can schedule online with MDLIVE. If you are not on the County's plan, most other insurance carriers also provide virtual care. Contact your provider for more information. Virtual care visits are not just limited to annual physicals. You can talk to board-certified providers at anytime for a number of reasons, including:

- Behavioral/Mental Health:
 - ✓Talk privately with a licensed therapist or psychiatrist by appointment using your phone, tablet, or computer.
- Dental Care:
 - ✓Talk to a licensed dentist via a video call, 24/7/365 for urgent dental issues, toothaches, broken or chipped teeth, inflammation, sores or infection of the gums and oral tissues, and guidance on whether to seek immediate emergency care.
 - ✓Get non-narcotic prescriptions sent directly to your local pharmacy, if appropriate.

- Care of Minor Medical Conditions
 - ✓Talk directly to board-certified providers 24/7 by video or phone for help with minor, non-life-threatening medical conditions including allergies, sore throat, skin conditions, and more.
- Not sure what type of care you need? Talk to a nurse.
 - ✓You can talk to a nurse day or night at no additional cost to you by calling (855) 673-3063. They'll ask a few questions about your symptoms and help support and guide you to the correct avenue for care.

Whether you prefer in-person visits or the convenience of telehealth, getting care early and completing preventive appointments can reduce the risk for disease and disability and improve quality of life. Take charge of your health and schedule your healthcare appointment(s).

Be sure not to miss out on this month's Men's Health webinars. Register for the [BayCare Physician Series](#) which will discuss men's health and testosterone on **June 14 at 12:00 p.m.** and Cigna's webinar, [Healthy Life Tips for Men](#) on **June 15, 12:00 p.m. or June 22, 12:30 p.m.**

For additional resources, [Men's Health Network](#) provides men's health fact sheets, a prostate health guide, and more.

June 17 **Wear Blue for Men's Health**

#ShowUsYourBlue
Show your support!

Send us your photos in blue to wellness@pinellascounty.org and we'll put them in the July *To Your Health* newsletter.





COACH'S CORNER

We are so excited to announce the new Coach's Corner with your [Cigna Onsite Health Coaches](#), Shannon and Brittany! Each month, you'll find an email from Employee Communications in your inbox with opportunities to provide you with health facts and information, and a brain teaser. You'll get direct access to your coaches when you reply, as they promote overall wellness for Pinellas County employees through health education and guidance.



Garden4Life: Harvesting Tips

At the end of May, the Wellness Program hosted its first onsite gardening class since COVID-19. Employees enjoyed a tour of [Chester Ochs Community Garden](#) and received all kinds of harvesting and gardening tips from Master Gardener Cat Stillwagon. Stay tuned for more onsite classes this year, and in the meantime, attend the [Garden4Life: Get Ready for Fall Planting](#) webinar on **June 16 at 12:30 p.m.**



Master Gardener Cat Stillwagon



Employees Shawn Griffin (Parks) and Tara Broadus (Tax Collector)

Wellness Center Orientations

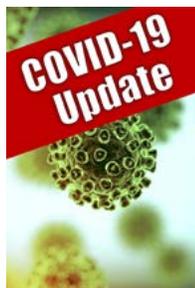


A hidden gem! Sure, you may have heard we have a Wellness Center, but did you know we have over 5,900 square feet of space with state-of-the-art equipment and offer fitness classes? Don't let this amazing benefit pass you by. The center is open 24/7 and is free to all employees, retirees, and volunteers upon completion of an orientation. [Sign up now.](#) For a full list of equipment and more information including the two satellite locations, visit the [Wellness Center](#) locations.

COVID-19 Resources

- Free At-Home COVID-19 Tests: Get free COVID-19 at-home rapid antigen testing kits from local pharmacies, the U.S. Post Office or Express Scripts.
- Prevention: Continue to practice [CDC recommended preventive measures.](#)
- Isolation and Quarantine: The CDC recommends an [isolation and quarantine period](#) for COVID-19.
- Local Testing: Get tested if you have symptoms or have been exposed to COVID-19. See [local testing sites.](#)
- [Vaccination:](#) Vaccines and booster shots are available for free. [Check for booster eligibility.](#)

More Info: See the [updated Employee FAQs.](#)



Share Your Good News

Are you inspired by stories of your coworkers? If so, please consider sharing your own stories and successes.



Tell It Well features stories of you or your spouse/domestic partner making healthy life changes.



Caregiver Corner shares stories of caregiving experiences including resources that you found particularly helpful.



High Five is a feature that recognizes you for something wellness-related such as completing a race, quitting smoking, joining a fitness group, etc. Email photos and information to wellness@pinellascounty.org.



June 2022 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday
	7 to 7:30 am Walk & Talk (Outdoor) Shannon 6/7, 6/14, 6/21, 6/28		
12:15 to 12:45 pm Core & Balance Nicki 6/6, 6/13, 6/20, 6/27	12:15 to 12:45 pm Spin Nicki 6/7, 6/14, 6/21, 6/28		
5:15 to 6:15 pm Solely Strength Nicki 6/6, 6/13, 6/20, 6/27		5:30 to 6:30 pm Urban Line Dancing Jolanda 6/1, 6/15, 6/22, 6/29 (no class 6/8)	

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater (basement of the old courthouse), which is open 24 hours a day/7 days a week.

Pre-Registration Required

- To sign up, visit [Fitness Class Registration](#).
- Sign up opens one week before class.
- Registrants who do not show up for class within 5 minutes of start time will lose their spot.
- If a class is full (6-participant limit), you can wait on standby and join the class if a spot opens up.
- If unable to attend, cancel your registration or email wellness@pinellascounty.org.

Class Descriptions

Core & Balance (30 minutes): An all-level workout to strengthen mid-body muscles which help maintain good posture, range of motion and a healthy back.

Solely Strength (1 hour): An all-level workout that focuses on building endurance, strength, lean body mass, bone strength and decreasing body fat.

Spin (30 minutes): Get an intense cardio workout while which can be modified for all fitness levels. You control your resistance and speed to improve your current fitness level at your pace.

Urban Line Dancing (1 hour): Fun dance class suited for all levels that's an excellent stress reducer, muscle toner and leg strengthener. Embrace a healthier lifestyle by exercising through dancing.

Walk & Talk (30 minutes): Start your day off on the right foot by walking and talking with Shannon, your [Cigna Onsite Nutrition Health Coach](#). Get your steps in while discussing nutrition, healthy lifestyles, and being the best version of yourself. Meet inside the Wellness Center at the front desk. Class will begin walking promptly at 7:00 a.m.

Yoga (1 hour): All fitness levels are welcome. Take a pause in your day and roll out your yoga mat. Recover from stress and develop strength and flexibility in this smooth yoga flow that unites breath and movement and ends with a deep, relaxing stretch.

Bookmark the [Group Fitness Class Schedule](#) online.

