

# To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



MAY 2023

## Look Around, Look Within: Your Surroundings Say a Lot About Your Mental Health

Source: [Mental Health America](https://www.mentalhealthamerica.net)



**MAY IS MENTAL HEALTH MONTH**  
TAKE SOME TIME TO LOOK AROUND. LOOK WITHIN.  
[MHANATIONAL.ORG/MAY](https://mhanational.org/may)

Take a moment to consider your surroundings. Do you feel safe? Does your home support you, both physically and mentally? What about

work and personal life? This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health. Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections, are part of what is called “social determinants of health”. The more these factors work in your favor means you are more likely to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

While many parts of your environment can be out of your control, there are steps you can take to manage some of the chaos and improve your mental health.

- **Home:** Consider keeping your space tidy (watch our [Clear Space, Clear Mind](#) webinar for how-to tips), [sleep-friendly](#), and well-ventilated. Surround yourself with items that help you feel calm and positive.
- **Community:** Create bonds with your neighborhood and community. Get to know the people living around and those working with you. Volunteering is a great way to meet new people and help those in need.
- **Nature:** Connect with nature. Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light. Join us for [Forest Bathing](#), a nature walk experience on **May 19** or **May 31**. Try gardening! There are many health benefits to gardening, even if it's a container garden on your porch. Our [Garden4Life webinars](#) show you how.
- **Family:** Get support and guidance with family dynamics, whether it be caregiver support and resources, juggling family life, or finding behavioral

health support for family members. Log in to [myCigna.com](https://myCigna.com), click on *Coverage* and select *Employee Assistance Program* or *Mental Health*

- **Employee Assistance Program:** The [Employee Assistance Program](#) (EAP) is here to help! Watch the [EAP overview](#)

and start taking advantage of the many services it offers for you and all members in your household. Our Cigna Onsite EAP Counselor, [Lorelei Keif](#), is our very own resource. She provides in-person and virtual EAP counseling and can help you navigate finding a behavioral health provider or other resources.

- **Wellness & Benefits Team:** Whether you or a loved one need a boost at a stressful time, or may be dealing with a mental health condition, we've got you. The [Pinellas County Wellness Program](#), together with the [Employee Assistance Program](#) (EAP) and the Cigna [behavioral/mental health plan](#), are here to provide vital education, tools, resources and providers.

- **May Calendar:** Take a positive step every day in May by downloading the [31 Ways to Make the World Around You Work for Your Mental Health](#) calendar with great ideas such as:

- Create a “favorite things” corner, basket, or space with pictures of people and things you love.
- Consider changing the settings on your phone to “do not disturb” or mute your notifications when possible.
- Play music instead of watching TV when you have downtime at home.

### Mental Health Resources & Crisis Phone Numbers

- EAP: (800) 862-3557, option 4
- National Suicide Prevention Lifeline: Dial 988. You can also text the same number to chat.
- Pinellas County Domestic Violence Hotline: (727) 895-4912
- Crisis Text Line: Text HOME to 741741



# Helping Our Youth Get the Care They Need

By Lorelei Keif, LCSW, Cigna EAP Counselor



Lorelei Keif

I am often asked by people, what is the biggest challenge Pinellas County employees face with regards to mental health? By far I answer — finding providers in a timely manner. In the past several years, I have seen a rise in parents and caregivers asking for help navigating access to mental health care for their children. This is not surprising since we have seen a troubling decline

in children and adolescent mental health in the past decade, and especially post-pandemic.

In a [new post-COVID study](#), the CDC found that more than 37% of students reported poor mental health during COVID, and 44% said they felt hopeless and sad during the past year. According to an [analysis by Evernorth](#) (the mental health arm of Cigna), in 2021, as compared to 2020, children and adolescent suicidal thoughts increased six times (21% versus 3%) and suicide attempts increased by seven times (26% versus 4%). Those numbers are staggering, but how do we help?

Cigna recognizes that this age group has unique needs and offers specialized care and family resources as part of our behavioral health benefits. One example is Brightline, a virtual platform that provides:

- Personalized virtual therapy, psychiatry, and coaching with in-network providers
- Video visit scheduling within days
- Group classes and interactive exercises
- Progress and appointment tracking
- Caregiver support

Find Brightline and other virtual mental health providers in the [myCigna.com](#) provider directory (select *Virtual Care*). You can also visit [Brightline](#) or call (888) 224-7332.

Modeling good self-care and talking about mental health with children are big first steps. When we take steps to help our youth, they see actions that demonstrate care and concern. Please [email me](#) or call at (727) 639-4266 with any questions, suggestions, or feedback.



Cigna EAP Counselor [Lorelei Keif](#) provides counseling and behavioral/mental health support.

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## Fast and Easy

The best way to get your **annual biometric screening** (bloodwork and body measurements) done is Direct-to-Quest:

- It's fast (schedule your appointment online).
- It's easy (no paperwork).
- It's guaranteed to meet the requirements.

For tips, view the [Direct-to-Quest Help Guide](#).



# When Good Cells Go Bad

By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach



Brittany Hartup

Cancer is [caused by changes in the DNA](#) of a normal cell. Genetics, exposure to environmental agents, and lifestyle habits all impact our risk for cancer. In a healthy person, our [cells perform](#) specific functions within the body, die if they are worn or damaged, divide only when necessary, and stay in their designated area. Cancer cells, though, perform no specific function.

They survive even when damaged, resist the body's signals to stop duplicating, and can move freely to other areas of the body.

With more than [100 different types](#), cancer names derive from the organs or tissues in which they form. Carcinomas, the most common type of cancers, are formed by epithelial cells that cover the inside and outside surfaces of the body. Basal and squamous cell carcinomas form within layers of skin and are called nonmelanoma cancer. Melanoma is [the deadliest and most common](#) form of skin cancer. In men, it often develops on the head, neck, or back. In women, it is often found on the back or lower legs. Melanoma sometimes goes undiagnosed until it is in an advanced stage because it can occasionally begin at an existing mole.

See the box below for tips on skin cancer prevention.

## May is Skin Cancer Prevention Month

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers. By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives.

- Follow the [ABCDE rule](#) to spot melanoma.
- Be proactive about your skin health by getting a skin cancer screening every year, which can detect changes in skin early.
- Stay in the shade.
- Reapply broad spectrum sunscreen at least every two hours.
- Wear sunglasses to protect your eyes from UVA and UVB rays.

Leukemia is a type of blood cancer that doesn't form solid tumors. There are 4 main types, and all begin in bone marrow, specifically in blood-forming tissue. Blood and bone marrow fill with large numbers of mutated white blood cells (leukemia cells and leukemic blast cells), leaving no room for normal cells. The overabundance of leukemic cells prevents much-needed oxygen from reaching tissues that manage bleeding and fight infections.

Lymphoma begins in disease-fighting white blood cells. When they work correctly, T and B cells move throughout our body to fight infections. Their mutated versions cause lymphoma cells to collect in lymph nodes and vessels. The two most common types of lymphoma are [Hodgkin and non-Hodgkin](#).

[Reduce your risk for cancer](#) by getting regular screenings such as mammograms, cervical exams, colorectal (colon) scans, and prostate screenings. Maintaining a healthy weight, avoiding tobacco, limiting alcohol, and protecting your skin can also reduce your risk of cancer. You can also ask your [in-network healthcare provider](#) about [genetic testing](#) to determine your risk for certain cancers.

Healthy living and early detection are the key components to preventing cancer. Thinking about making changes to improve your health? Reach out to your [Cigna Onsite Nurse Health Coach](#) today! We'll work together to manage stress, weight, high blood pressure, diabetes, metabolic syndrome, heart disease, anxiety, and more. You can also talk with your [in-network healthcare provider](#) about your personal risks and how to reduce your likelihood of developing cancer.



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

## Get Your Skin Cancer Screening at Work with OnSpot

We make it quick and convenient! [Make an appointment](#) at one of the many OnSpot Dermatology buses coming to worksites across Pinellas County (now through September). OnSpot also provides other dermatology services on the bus.

Upcoming dates and locations:

- Tax Collector, South County, **May 10**
- Clerk of the Circuit Court, North County, **May 17**
- Mid County Tax Collector, **June 1**





## May Onsite Wellness Events

### Retirement Saving Workshop



[Register now](#) for a 1-hour onsite class on **May 17 at 12:45 p.m.** in Clearwater. Take action on your retirement savings no matter where you are on the career spectrum.

### Forest Bathing Nature Walk



[Register now](#) for a 1-hour immersive nature experience on **May 19 at 11:30 a.m.** in Tarpon Springs and on **May 31 at 12:00 p.m.** in Palm Harbor. Surround yourself with the sights, sounds and sensations of the forest.

### Warm Ups & Cool Downs



[Register now](#) for a 30-minute workshop on **May 24 at 12:15 p.m.** at the Clearwater Wellness Center. Enhance your workouts, recovery, and life by learning the ins and outs of warm ups and cool downs.

## May Screenings



### Jet Dental Onsite Clinic

Last chance to skip the traffic and get your dental exam on **May 30** at Solid Waste. [Register now](#) for an appointment. The appointment includes X-rays, cleaning, and a comprehensive exam by a dentist.



### OnSpot Dermatology Bus

Get a full skin cancer screening and other dermatology services on the bus. [Register now](#) for a mobile dermatology appointment at multiple convenient locations **now through September**.



### Cook Along: Healthy Food, Fast

[Register now](#) for a 45-minute cooking demo webinar on **May 18 at 12:15 p.m.** Shannon prepares flavorful, healthy meals in 20 minutes or less, so you can get a dish on the table, even on the busiest of days.

## May Wellness Webinars

### Using the FRS to Plan for Your Retirement



[Register now](#) for a 90-minute webinar on **May 11 at 8:30 a.m.** to learn about the Florida Retirement System and the nuts and bolts of retirement planning.

### Stepping Up Your Exercise Game



[Register now](#) for a 45-minute webinar on **May 16 at 12:15 p.m.** Learn why exercise is important, tips to get started, guidelines, and how to maintain motivation.

### Emotional Fitness: Self-Compassion



[Register now](#) for a 30-minute webinar on **May 22 at 12:00 p.m.** Learn how practicing self-compassion and silencing our inner critic improves well-being and reduces stress.

[View all current wellness classes, events, activities, screenings, and blood drives.](#)





## Building Muscle With Better Nutrition

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



Shannon Parks

For most of us, when we think about muscle and strength gains, we often think about the gym – not the kitchen. However, [numerous studies have been published](#) on the influence of protein, amino acids, carbohydrates, antioxidants, and dietary supplements on muscle growth and increased strength while following an exercise regimen. Choosing the right foods, in

the right ratios, before and after exercise can boost your results.

Make the most of workouts by paying attention to what you’re consuming around sweat sessions. Your body needs quality carbohydrates, protein, fat, and fluids to perform at its best. Carbohydrates are the [number one fuel source](#) for muscles during exercise and they also [help shuttle protein to muscle cells](#) which are then used in post-workout repair and recovery. Pairing carbohydrates with a lean protein, such as chicken, turkey, fish, nuts, seeds, or beans can help your body both prepare for, and recover from exercise. Aim to have a snack or small meal 1 to 3 hours before your workout, giving your body time to digest these nutrients. After exercise, try to eat or drink to refuel within an hour.

Equally as important as what we eat is what we drink. Plain water is just fine for most of us, unless you are exercising for more than 1 hour in hot or humid conditions, where a sports drink might be more appropriate to replenish electrolytes lost in sweat. Hydrate before you exercise by drinking 2-3 cups of water. Maintain your hydration by drinking 1/2-1 cup of water every 15 minutes of activity.

My favorite *pre-workout* foods as a dietitian:

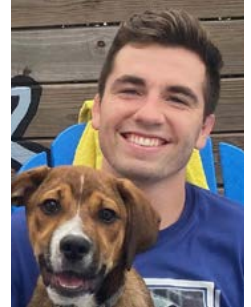
- Peanut butter and jelly sandwich – It provides the carbs you need, and the peanut butter contains protein.

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## Move in May

By Cole Martin, Wellness Technician

One of the most common reasons people do not exercise is lack of time. How do you get 8 hours of sleep, make 3 meals a day, take care of kids and/or pets, commute, work, spend time with family, read, exercise, etc., all in a 24-hour window? It might seem nearly impossible! If it’s hard to find the time, or physical activity is not high on your priority list, that’s okay! There are many creative ways to get moving without going to the gym.



Cole Martin

[Experts recommend](#) at least 150 minutes of moderate-intensity aerobic activity per week and to do muscle strengthening activities on at least 2 days per week. While this may seem daunting, take heart, you’re probably already doing things every day that count.

- [Yard work/gardening](#) – Great low intensity muscle strengthening and cardiovascular outdoor activity.
- [Cleaning/chores](#) – Bending, stretching, and using a little elbow grease is great cardio.
- [Walking the dog](#) – Casual 30-minute walks can help both you and your furry friend stay active and healthy.
- [Dancing](#) – Play your favorite tunes and get the heart pumping. Extra fun with friends or family.
- [Playing sports with your kids](#) – Increase physical activity and improve skills such as hand-eye coordination, depth perception, and body control.
- [Washing the car](#) – Strengthen your legs as you reach, bend, and stretch to make that car nice and shiny.
- [Grocery shopping](#) – Walking while pushing a cart or carrying a basket counts toward your step goal, a win-win when shopping for healthy food.
- [Park at the back of the parking lot](#) – Additional steps that add up over the week.

Continued on [page 9](#)





# National Physical Fitness & Sports Month

## #MoveInMay



ODPHP

Office of Disease Prevention and Health Promotion



## A New Class and Other Fitness Class Updates

Exciting updates to the Fitness Class schedule this month.

**Registration is no longer required; just show up!**

**NEW Restorative Yoga:** Join Shannon in the 45-minute Friday class at 12:30 to decompress from the work week. Slow down and open your body through deep passive stretching. This gentle yoga style emphasizes the meditative aspect of the mind-body connection by holding poses for longer to achieve a deeper stretch.

**Wake Up & Stretch:** Now on Wednesdays at 6:45 a.m.

**Spin:** Shirley is back! Class is on Wednesdays at 12:15 p.m.

**Urban Line Dancing:** This class is moving to Parks and Conservation Resources' Magnolia Room (Largo) in June. No classes in May.

**Step 'n' Sculpt:** There will be a pop-up class on May 19. Join Lisa in a fun class that gets your muscles pumping.

The May Fitness Class Schedule can be viewed on [page 11](#). For the full class descriptions and to sign up, visit our [Group Fitness Classes webpage](#).

If you are not a member of the Wellness Center yet, [sign up](#) for our Wellness Center orientation to get started.

## New Fitness Machine Arrives at the Clearwater Wellness Center



We are very excited to announce the arrival of a brand-new machine—the seated cross trainer! This low impact machine adjusts to all heights and sizes and is a great option if you have trouble standing or cannot exercise your

lower body. It is also a fantastic way to change up your usual cardio routine and isolate lower and upper body workouts. A large swivel seat makes the cross trainer easy to get in and out of and is also wheelchair accessible. Challenge and motivate yourself using the interactive smart screen, which provides various programs including hikes and walks with views from all over the world!

As with any equipment, proper seat position and alignment is important. If you would like assistance, [email us](#) and we'll be happy to set up some time to guide you through it, or [watch the video tutorial](#).

Stop by and try it out!

Building Muscle With Better Nutrition continued from [page 5](#)

- Fruit and yogurt smoothie – Blending ingredients makes them quick and easy to digest; adding water or ice increases hydration.
- Banana - In a rush? A banana is great in a pinch! Ample carbs for fuel, fiber to help maintain energy levels, and easy to pack when you're on the go.

My favorite *post-workout* foods as a dietitian:

- Egg & whole wheat toast/wrap - These carbs replenish energy lost during workouts, as well as help shuttle protein from the eggs into muscles.
- Chocolate milk –With the perfect carb-to-protein ratio and plenty of electrolytes, this yummy recovery food is just about as good as it gets.
- Salmon and sweet potato – Salmon is high in protein and omega-3s, which may help reduce muscular inflammation following exercise. Pair it with sweet potato for healthy carbs and tons of fiber.

If you're looking for specific advice to improve your muscle growth, exercise performance, or nutrition in general, reach out to your [Onsite Cigna Nutrition Health Coach](#) today!



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





# Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark  
601 N. Old Coachman Road, Clearwater

**Saturday, June 17, 2023**

**6:30 p.m. Game**

**5:30 p.m. Gates Open**



**VS.**



***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
- Food and drinks from 5:30 - 8:00 p.m.  
(hot dogs, hamburgers, cheeseburgers,  
peanuts, popcorn, chips, ice cream  
sandwiches, soft drinks and bottled water)
- \$3.00 draft beer

**For tickets and info:**

**Dan Madden**

**(727) 712-4403**

Pinellas County has arranged a 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. Your Pinellas County ID is not required.

**Enjoy post-game fireworks!**



# Back on Your Feet: Foot and Ankle Solutions

## BayCare Presents Health and Wellness From the Experts Webinars

Monday, May 15, 12:30 p.m. to 1:15 p.m.  
Presented by: Eric R. James, MD

Learn from a board-certified orthopedic surgeon as he discusses common foot and ankle conditions, medical imaging and when to order one, and various treatment protocols.

Join Dr. James to learn the ins and outs of foot and ankle conditions and why surgery may or may not be your best option for optimal recovery and overall health and well-being.

Please [register](#) in advance.



## EAP Wellness Webcast

We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2 p.m.**



[Sign up now](#) and stay tuned for more throughout the year.

- **May 17 – Managers: Mental Health at Work** – Being able to recognize signs of mental health distress is an important way to support employees. Learn what you might see and how to respond.
- **June 7 – Diversity: Let's Talk About It** – Diversity can be a challenging topic. We'll discuss why and explore how to build awareness and skills that support inclusivity and personal growth.



### Virtual Visits are Convenient and Confidential

Talk with a counselor by phone or video-conference.

Visit [www.pinellas.gov/EAP](http://www.pinellas.gov/EAP).

*Employee Assistance Program (EAP): Providing counseling and so much more to all Pinellas County employees.*

## Upcoming Blood Drives



Did you know that one blood donation can save up to three lives? Please consider donating! Walk-ins are welcome or [schedule an appointment](#).

- **Public Works**  
22211 U.S. Highway 19 N., Clearwater (in front of the Survey building)  
**June 8, 12:00 p.m. to 5:00 p.m.**
- **STAR Center**  
7887 Bryan Dairy Road, Largo  
**May 25, 9:00 a.m. to 1:30 p.m.**
- **Tax Collector, South County**  
2500 34th Street North, St. Petersburg  
**May 17, 11:00 a.m. to 4:00 p.m.**

## Food Trucks on Wednesdays



Connect with your co-workers during Food Truck Wednesdays at two County locations.

You can order at the truck, or pre-order up to 3 days ahead, pay and select a pick-up time using each location's unique link. The cuisine rotates each week for variety. You can also sign up for email reminders of which truck is coming each week using the links below.



### *Clearwater Campus*

**Wednesdays 11:00 a.m. - 2:00 p.m.**  
**400 South Fort Harrison Avenue**

Enjoy your lunch in a shady picnic area in front of the Annex building. View the [Clearwater Campus Food Truck Schedule](#) and pre-order if desired.

### *STAR Center / Raytheon*

**Wednesdays 10:30 - 1:30 p.m.**  
**7887 Bryan Dairy Road, Largo**

West parking lot near Raytheon main entrance. View the [STAR Center/Raytheon Food Truck Schedule](#) and pre-order if desired.







## Celebrating Haitian Heritage Month: Patates ak Let (Sweet Potatoes with Milk) Recipe



Haitian cuisine is full of Creole flavors with roots that are a blend of several culinary styles spanning African, French, indigenous Taino, Spanish, and Arab cultures. In celebration of Haitian Heritage Month, we're

highlighting a popular dish made for breakfast or dinner and served warm. This sweet dish is comforting, quick to put together, and sure to satisfy.

Sweet potatoes are a staple in many countries, including the Caribbean. An excellent source of vitamin A, a good source of potassium and vitamin C, B6, riboflavin, copper, pantothenic acid and folic acid, they range in color from white to deep orange. This recipe calls for white sweet potatoes, found next to the orange-skinned potatoes (which can be used as a substitute if needed).

### Ingredients

- 2-3 medium-sized red-skinned white sweet potatoes, peeled and cubed
- 12 oz. evaporated milk
- 2 cinnamon sticks
- 2-5 star anise
- 1/4 cup sugar or sugar substitute
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon nutmeg
- Salt, just a dash
- 4 cups water
- 1 lime peel

### Directions

1. In a large saucepan, add 4 cups of water, cinnamon sticks, star anise, lime peel, and a dash of salt. Heat on high until boiling. Gently add the potatoes to the pot of boiling water, cooking for 10-15 minutes or until they are just soft. Once cooked, drain and discard half the water in the pot.
2. Reduce heat to medium, add in the evaporated milk. Add in vanilla extract, nutmeg, and sugar, simmering for 3-5 minutes or until the sugar is fully dissolved. Be sure to avoid boiling this mixture. Once the sugar is dissolved, the dish is ready. Remove the lime peel, cinnamon sticks, and star anise and serve this dish warm.

Yield: 3-4 servings

Serving: Equivalent of 1/2 potato

Recipe adapted from [SuzonSpice.com](http://SuzonSpice.com)

Nutritional information per serving:

Calories 180, Carbohydrate 42 gm, Fat 1 gm, Fiber 7 gm, Potassium 943 mg, Protein 4 gm, Sodium 70 mg, Sugar 13 gm (if using real sugar)

Move in May continued from [page 5](#)

- [Take the stairs](#) – Leg strengthening cardio that increases your heart rate and gets those legs burning (in a good way).

The [Move Your Way Activity Planner](#) is a fun way to discover and track activities based on your lifestyle and preferences (with kids, friends, indoors/outdoors, etc.). For example, if your goal is to have fun and be active with your kids, try playground games, the trampoline, or active video games.

Incorporating enough physical activity to meet the experts' recommendations may seem like a tough task, but finding ways that work best for you makes it easier to stick to them in the long run. Regardless of how you decide to stay active, staying on the move can [help lower your risk of diseases](#), like type 2 diabetes and some cancers, control blood pressure, stay at a healthy weight, boost your mood, improve sleep, and much more.



### Calcium

The amount of calcium you consume under the age of 30 has a direct impact on how your bones age over the age of 70.

To learn more about nutrition, contact [Health Coach Shannon Parks](#).



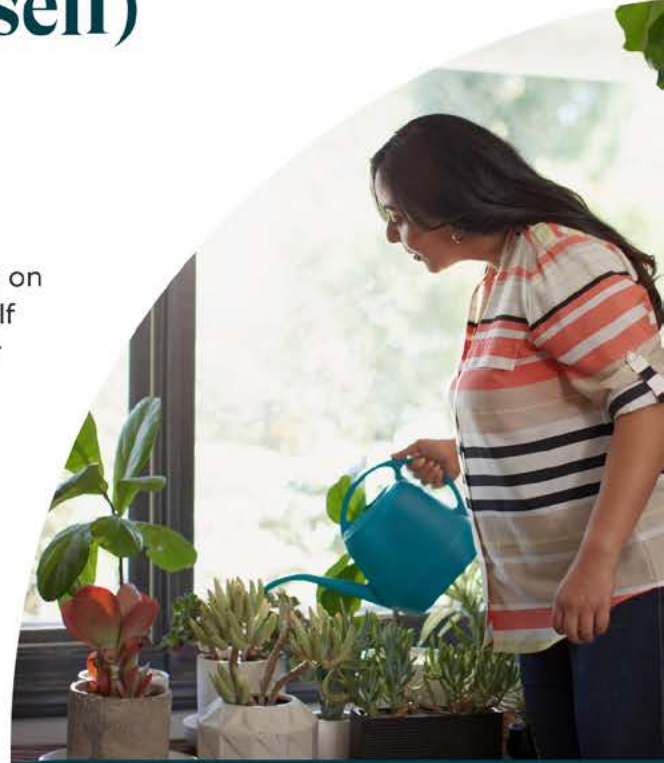
# A little kindness (to yourself) goes a long way

## Setbacks happen. It's normal.

Trying to be healthier is stressful, and it can get worse if you're hard on yourself along the way. Research shows that when you treat yourself with more kindness and forgiveness, you're more likely to meet your health goals.

With Omada, you get a personal health coach and supportive peer group to give you encouragement, boost your confidence and remind you that trying to be healthier is about progress, not perfection.

If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.



## Try these tips when you feel down:

### 1 Zoom out and think it through.

Remember that feeling bad about yourself sometimes is only human. Setbacks happen! If you have negative thoughts like "I'm a failure," try to get to something more accurate, like "I'm disappointed and frustrated."

### 2 Ask "What would I say to a friend?"

If you notice that you're being hard on yourself, step back and imagine what you would say to a friend in the same situation (Hint: It's probably a lot nicer.)

### 3 Get physical.

Physically caring for yourself shows self-compassion, too: do some deep stretches or get some fresh air.

“

When I saw my weight decreasing, I knew the program was going to work. I felt inspired to keep working and love myself.

**I'm worth it and can succeed."**

—  
**OMADA MEMBER**

**Feel good and live  
healthier with Omada.**



→ **Get Started Today**  
[omadahealth.com/pinellascounty](https://omadahealth.com/pinellascounty)

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

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# May 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>6:45 to 7:15 a.m.</b> <b>Wake Up &amp; Stretch</b> Cole 	<b>6:30 to 7:10 a.m.</b> <b>Walk &amp; Talk (Outdoor)</b> Shannon	
<b>12:15 to 12:45 p.m.</b> <b>Core &amp; Balance</b> Shannon	 <b>12:10 to 12:40 p.m.</b> <b>Cardio Bootcamp</b> Cole	<b>12:15 to 12:45 p.m.</b> <b>Spin</b> Shirley (no class 5/10, 5/17)	 <b>12:10 to 12:40 p.m.</b> <b>Full Body HIIT</b> Cole	 <b>12:30 to 1:15 p.m.</b> <b>Restorative Yoga</b> Shannon (no class 5/26)
	<b>5:15 to 6:15 p.m.</b> <b>Solely Strength</b> Cole	<b>No Classes in May</b> <b>Urban Line Dancing</b> Jolanda Starting in June, classes will be held at Parks' Magnolia Room		<b>5:30 to 6:30 p.m.</b> <b>Step 'n' Sculpt</b> Lisa Pop-up class 5/19 only

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater.

## No Registration - Just Show Up

- Registration is no longer required.
- Spots are available on a first come, first served basis.
- Classes have a maximum capacity of 8 participants.

## Class Descriptions

**Cardio Bootcamp** (30 minutes): A challenging, fun, high energy class. Intensity modifiable for all fitness levels.

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

**Full Body HIIT** (30 minutes): Combine strength and cardio intervals, and a variety of equipment to work your entire body.

**Restorative Yoga** (45 minutes): **NEW**  
 A restful yoga practice that prioritizes long holds to gain a deeper stretch and emphasizes the meditative aspect of the mind-body connection.

**Solely Strength** (1 hour): Focus exclusively on building strength, lean body mass, bone strength and decreasing body fat in this total body strength training class.

**Spin** (30 minutes): A low impact cardio workout ideal for all fitness levels. Control your own resistance and speed to improve your current fitness level at your pace.

**Step 'n' Sculpt** (1 hour): Step your way to a healthy heart, tone your core and abs, and show your muscles some love with a feel-great stretch.

**Urban Line Dancing** (1 hour) (*New location beginning in June*): Dance is an excellent stress reducer, muscle toner and leg strengthener. Get moving and have some fun!

**Wake Up & Stretch** (30 minutes): Treat your body with an energizing yet relaxing stretch to get you feeling good for the remainder of the week.

**Walk & Talk** (40 minutes): Get your steps in with Shannon, your [Cigna Onsite Nutrition Health Coach](#), while discussing nutrition and a healthy lifestyle.

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

