

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



SEPTEMBER 2023

Are You at Risk? Fall Prevention is for Everyone

By Jane Grannis, Wellness Program Manager

Falls, especially for adults 60 and over, are alarmingly common and can be devastating, leading to injury and loss of independence. The Centers for Disease Control & Prevention reports in 2018, [1 in 4 older adults](#) report falling (36 million falls per year). Every second of every day, an older adult falls, and more than [8 million](#) of them require medical attention. In 2022, Pinellas County 9-1-1 received 28,010 calls related to falls. Fall Prevention Awareness Month brings this important issue to light.

While adults over 60, and especially those over 70, are more susceptible, certain risk factors and general aging can

6 Steps to Prevent a Fall

- Find a good balance and exercise program. Certain strength and flexibility moves improve balance.
- Talk to your health care provider. Ask for a risk assessment and share history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Some side effects increase fall risk.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, and make stairs safe.
- Talk to your family. Encourage them to take simple steps to stay safe.

make us susceptible to falls earlier in life. Although some are unavoidable, there are many things we can do to help prevent serious falls. Strength, balance, and vision begin to decline in our 40s and 50s. Some medications cause dizziness, and certain health conditions such as diabetes or stroke make us more likely to fall. Environment also plays a role. Homes can have trip hazards such as rugs, clutter, and poor lighting. It's also important to check in and be open and honest with your care providers, who can not only perform a [risk assessment](#), but document recent falls, which is important for future care.

Bone and muscle strengthening activities, such as [resistance](#) and [functional training](#) will help reduce the loss of bone mineral density and strengthen muscles needed for daily activity. [Balance training](#), [yoga](#), [tai chi](#), and stretching can help decrease the risk of falls due to a lack of balance. For older adults, the [Silver Sneakers Functional Fitness Guide](#) and [Get Fit For Life](#) by the National Institute on Aging (NIA) are good places to start.

The [NIA](#) at National Institutes of Health and the [National Council on Aging](#) offer a wealth of additional information and resources. [Register now](#) for our webinar on **September 15** or our onsite class in Clearwater on **September 29** to learn more.

Meet Our New Wellness Technician!



We are very excited to announce that Sydney Szczesniakowski joined the Wellness team on September 5. Sydney will play an integral role in supporting the [Wellness Program](#). Her office is located in the Benefits, Retirement and Wellness area, 400 S. Ft. Harrison Avenue, first floor, Clearwater, and you'll catch her in the Wellness Center often.

Get to Know Sydney

My name is Sydney Szczesniakowski. I'm Florida born and raised, currently residing in Clearwater with my partner and two sweet cats. I love kayaking, hiking, swimming, and most other outdoor activities. When I'm not outside, or when the weather is too unforgiving, my free time is spent playing video games or in the gym. Personally, I love strength training and really pushing my body to its limits. Exercise has always been a passion of mine, whether it was when I was playing basketball as a kid, studying it in college, or sharing my knowledge through personal training. I'm really looking forward to continuing to share my passion by elevating your health and wellness here in Pinellas County!

Suicide Awareness: In Help There is Hope

By Lorelei Keif, LCSW, Cigna EAP Counselor



Lorelei Keif

September is National Suicide Awareness Month. Although suicide has no season, highlighting the need for suicide awareness provides an opportunity to discuss the often taboo topic of suicide. I can still remember guidance counselors in school not wanting to discuss suicide for fear of suggesting suicide. That fear is [unfounded](#).

Suicide is most often related to untreated or under-treated mental illness. Depression, or any mental illness, is a disease. It is not a shortcoming or a personal flaw. It is not a choice. It is an illness. Starting with this clear understanding is vital to helping others.

Another starting point is understanding statistics about suicide in the U.S. Suicide impacts both individuals and the community at large. [NAMI](#) (National Alliance on Mental Illness) states that [79% of all people](#) who die from suicide identify as male. People who [identify as female](#) attempt suicide more often than people who identify as male. But people who identify as male are 4 times more likely to complete suicide, possibly from using more [lethal means](#).

We also know certain demographic groups have a higher incidence of suicide. [Children and young adults](#) are at greater risk. [Native Americans and indigenous Alaskans](#) also have a higher rate of suicide attempts and completions. As an aside, people who die from suicide complete suicide. Since suicide is usually a result of an illness, it is kinder to describe suicide in this manner rather than to say “commit” which implies a criminal act. And lastly, persons who identify as [LGBTQ](#) have a higher rate of suicidality.

NAMI released a book entitled [You Are Not Alone](#). The author, Dr. Ken Duckworth, shares stories of suicide survivors, family members, and professionals. A book can also be a great starting point in discussing suicide.

Other resources include the **national crisis line 988**. County employees and their families also have access to Cigna’s [Employee Assistance Program](#) (EAP). The EAP number is (800) 862-3557. Someone will answer 24 hours/day. You have an option of speaking with someone immediately on the phone or you can explore setting up sessions with someone on the Cigna panel. You may also

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reach out to me, your [Onsite EAP Counselor](#) by phone at (727) 464-4555, option 4 (Pinellas County office) or (727) 639-4266 (private practice) or [email](#). *For your privacy, please email only from your personal email address.*



A conversation is often the most natural starting point. If you are a concerned family member, friend, or co-worker, you can share with them that they are not abnormal and they are not alone. Help them access [resources](#). Assure them there is help. In help there is hope. I tell my patients I would never ask them to promise not to feel suicidal. I only ask them to promise to let someone know if they feel suicidal. We have resources. Let’s share them.



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



September and October Wellness Activities

Onsite Class or Webinar - You Choose!

Fall Prevention is for Everyone



[Are You at Risk? Fall Prevention is for Everyone](#) – Register now for a 45-minute webinar on **September 15 at 12:30 p.m.** or an onsite class in Clearwater on **September 29 at 12:00 p.m.** Learn how to prevent falls for yourself and loved ones.

Take it to Heart Webinar



[Take it to Heart](#) – Register now for a 1-hour webinar on **September 14 at 12:00 p.m.** Learn about different types of heart disease, factors that put you at risk, and how to make a heart healthy action plan to live your healthiest life.

Plant Your Own Herb Garden Workshop



[Garden for Life: Plant Your Own Herb Garden](#) – Register now for a 45-minute onsite workshop at Public Works in Clearwater on **October 19 at 12:15 p.m.** Learn how to create your own miniature herb garden! All supplies are provided.

Webinars

Health Benefits of Gardening



[Garden for Life: Health Benefits of Gardening](#) – Register now for a 45-minute interactive webinar on **September 19 at 12:15 p.m.** Learn how to destress and create tranquility using and caring for plants both inside and outside your home.

Personal Finance



[Securian: Personal Finance](#) – Register now for a 1-hour educational webinar on **September 21 at 12:45 p.m.** Learn personal finance strategies to overcome barriers, reduce debt, and take action on savings goals. Webinar designed for all ages.

Cook Along Kitchen: Dips & Spreads



[Protein-Rich Dips & Spreads](#) – Register now for a 45-minute cooking demonstration on **September 21 at 12:15 p.m.** Cook along with Shannon as she prepares a savory whipped Mediterranean-inspired veggie dip and a sweet pumpkin pie dip.

Tidy Up Your Teeth Challenge



[Tidy Up Your Teeth Challenge](#) – Register now for a 5-week challenge from **October 1 to November 4.** Gum disease has been linked to many illnesses. Embrace good health by building better oral hygiene habits.

Jet Dental Onsite Clinics



[Jet Dental](#) – Register now for a pop-up dental clinic at four different worksites **between September 27 and December 5.** Skip the traffic and get your dental exam at a worksite near you!

Free Vaccination Clinics



[Flu Shots and More](#) – Flu, shingles, pneumonia, Hepatitis A and B, and Tdap (Tetanus, Diphtheria, Pertussis) vaccines are coming to worksites **October 10-26.** Appointments open 7 days prior to each event.



Heart Work

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



Shannon Parks

While most of us don't think much about our heart from day to day, it's working for us non-stop around the clock – or at least we hope it is. It can be easy to overlook heart health, but the impacts of ignoring heart health are grave and the numbers are staggering. According to the [Centers for Disease Control](#), cardiovascular disease is responsible for 1 in 3 deaths in the

United States, totaling more than 859,000 deaths annually. Statistically speaking, a [U.S. adult dies every 33 seconds from heart disease](#). Working toward heart health doesn't have to take hard work, just H.E.A.R.T work. Check out the acronym to the right for ways you can [start improving](#) your cardiovascular health today.

Did you know that you can receive [wellness incentive](#) points for participating in health coaching for cardiovascular health? Whether you're looking to discover new, heart-healthy recipes, better understand your lab work results, diagnoses, or medications, or want to talk strategy for reducing elevated blood pressure or cholesterol, your [onsite health coach](#) can help. Reach out today!

H.E.A.R.T Work

H – Health history. Know your risks and talk to your doctor about your personal and familial health history.

E – Eat a healthy diet. Making healthy food choices like more fruits, vegetables, whole grains, lean meats, low-fat dairy while reducing adding sugar, saturated fat, and salt.

A – Active lifestyles help! Get at least 150 minutes of moderate-intensity activity every week, plus muscle-strengthening exercise twice a week.

R – Register for your annual health exams with your in-network primary care provider and in-network dentist to get quicker diagnoses and faster treatment for any medical conditions that may arise.

T – Take your medications as directed. If you take prescription medication, follow the instructions carefully. Always ask questions if you don't understand something and never stop taking medication without first discussing it with your doctor.



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

Can I Get Your Number?

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



Brittany Hartup

With the deadline for biometric screenings around the corner (November 30, 2023), you may be wondering what some of these lab tests are, and why they're important.

What is cholesterol?

[Cholesterol](#) is a waxy substance made by the body that plays an important role in making hormones and cell membranes. Sometimes, however, too

much of a good thing can be bad. Excessive amounts of cholesterol in the blood can build up within the vessels and lead to the hardening of arteries, heart attack, and stroke.

What are triglycerides?

[Triglycerides](#) are the most common type of fat found in the body. They are found in foods like butter and oils and can also come from extra calories we eat. When our body doesn't need these extra calories right away, they're changed into triglycerides and stored in fat cells.

[High levels of triglycerides](#) can increase the risk of heart disease, insulin resistance or diabetes, fatty liver disease, and pancreatitis. Ideally, [triglyceride levels](#) should be less than 150mg/dL.

What is HDL?

HDL stands for high-density lipoprotein cholesterol. This is known as the "[good](#)" [cholesterol](#), and elevated levels of it are associated with a lower risk of heart disease. One easy way to remember HDL is the "H" stands for "higher"; this number is best when it is over 40mg/dL. HDL helps [move the bad cholesterol \(LDL\)](#) from our blood stream into our liver. From there, our liver metabolizes the bad cholesterol, and it is eliminated from the body. Ways to increase your HDL include increasing physical activity, maintaining a healthy weight, choosing [foods with better fats](#), limiting alcohol, and quitting smoking.

What is LDL?

LDL stands for low-density lipoprotein cholesterol. This

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Tidy Up Your Teeth Challenge

Did you know oral hygiene is linked to your overall health and wellness? Oral disease affects about 3.5 billion people annually and is linked to a host of illnesses including heart attack, stroke, osteoporosis, and diabetes.

Embrace good health by building better oral hygiene habits in this 5-week challenge. You will receive a resource guide with useful information, ways to track your progress, and weekly content emailed to you.



October 1 – November 4, 2023

www.pinellas.gov/teeth-challenge



Wellness Champion Meeting Recap

On August 17, Wellness Champions and their supervisors gathered at their annual Wellness Champion meeting, which centered around the theme “Passport to Wellness” and included an exercise on how we can create our own passport to wellness, as well as important news and updates and an overview of the [Omada Diabetes Prevention Program](#) and [Hinge Health](#), our new digital exercise therapy program.

The Wellness team extends our heartfelt appreciation for all that the Champions do to support employee wellbeing. We could not do it without them!

View the [Wellness Champion list](#) to find your department’s Champion.



Onsite EAP Counselor Lorelei Keif presents at the Wellness Champion Meeting



Nurse Health Coach Brittany Hartup takes the body composition for Karen Bayly, the Mid-County Tax Collector Wellness Champion



Nutrition Health Coach Shannon Parks leads the room in a stretch



Wellness Champions listen to an Omada Diabetes Prevention Program presentation



From left to right: Onsite Nutrition Health Coach Shannon Parks, Onsite Nurse Health Coach Brittany Hartup, Wellness Program Manager Jane Grannis, Onsite Cigna Claims/Customer Service Representative Shevella Carridice and Human Resources Wellness Champion Lauren Bollinger

No Need to Wait

Don't delay!

You do NOT have to wait 365 days from last year's annual physical for this year's appointment. Our medical plan runs on a calendar year which means insurance will cover the cost of the visit and preventive lab work anytime during the year.

Complete your [Biometric Screening and Health Assessment](#) by November 30, 2023.



Make the Biometric Screening Faster and Easier!

Learn tips to simplify the process and ensure proper completion of both the biometric screening and health assessment by watching the [2023 Biometric Screening & Health Assessment Process Information Session video](#).

Tips and tricks are discussed at the beginning (21 minutes), followed by a step-by-step tutorial if desired (23-minutes).



is sometimes called the “[bad](#)” [cholesterol](#), and elevated levels can increase risks of heart disease, heart attack, and stroke. Too much LDL can cause a buildup in your arteries, causing them to narrow and harden. If you are otherwise healthy, the goal is for LDL to be less than 100mg/dL. However, if you are already at risk for a heart attack, your LDL needs to be under 70mg/dL.

What is total cholesterol?

[Total cholesterol](#) is the sum of all 3 types of cholesterol in the blood: HDL, LDL, and VLDL (very low-density lipoprotein). The desirable result for total cholesterol is less than 200mg/dL.

What can I do to improve my numbers?

Have a full lipid panel drawn by blood at least annually to keep an eye on your triglycerides and cholesterol levels. Ways to improve your numbers and reduce your risk of developing chronic conditions include maintaining a healthy weight, engaging in physical activity regularly, limiting sugar and other refined foods, limiting alcohol, avoiding smoking, and be mindful of the types of fats you eat.

If you’d like personalized guidance, please reach out to your [onsite health coach](#) to set up an appointment.



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

Vaccine Clinics Coming Soon



For your convenience, Pinellas County is partnering with Publix to offer free onsite vaccination clinics. You can get the following vaccines: Flu, shingles, pneumonia, Hepatitis A and B, and Tdap (Tetanus, Diphtheria, Pertussis). **Appointments open 7**

days before the event.

Vaccine clinics will be at the following locations (alphabetical order):

- **Airport, October 25**
14700 Terminal Blvd., Clearwater
- **Annex Building, October 17 and 25**
400 S. Ft. Harrison Ave., Clearwater
- **Justice Center, October 24 and 26**
14250 49th Street North, Clearwater
- **Parks & Conservation Resources, October 12**
12520 Ulmerton Road, Largo
- **Public Works, October 18 and 19**
22211 U.S. Highway 19 N., Clearwater
- **Solid Waste, October 11**
3095 114th Ave. N., St. Petersburg
- **STAR Center, October 10**
7887 Bryan Dairy Road, Largo

For more information, visit [Flu Shots](#).

Another Fun Garden for Life Event!

A big thank you to our Pinellas County IFAS/Extension master gardeners and volunteers, who, as part of our Garden For Life wellness initiative, hosted a “Make Your own Kokedama” workshop for employees.

Kokedama is a centuries-old Japanese form of garden art that is closely tied to the practice of bonsai and involves using a moss ball as the supporting and focal point of the plant. “Koke” means moss, and “dama” means ball. In other words, it consists of wrapping the plant’s roots in a ball of soil which you then cover with moss.



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](#).

- **Airport**
14700 Terminal Blvd. Street, Clearwater
(in front of the terminal main entrance)
September 14, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street (west parking lot)
October 17, 11:00 a.m. to 4:00 p.m.
- **Public Works**
22211 U.S. Highway 19 N., Clearwater
October 26, 12:00 p.m. to 5:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
September 28, 9:00 a.m. to 1:30 p.m.
- **Tax Collector, South County**
2500 34th Street N., St. Petersburg
September 20, 11:00 a.m. to 4:00 p.m.

Abdominal Wall Hernias

BayCare Presents Health and Wellness From the Experts Webinars

Thursday, September 28, 12:30 to 1:15 p.m.
Presented by: Sachin Vaikunth, MD

Explore the types, symptoms and causes as well as treatment paths for abdominal wall hernias.



Get an understanding of what abdominal wall hernias are and help to reduce your risk.

Please [register](#) in advance.



Feeling Stressed or Anxious?

EAP offers confidential assessment and short-term counseling at no cost for up to 6 free visits per issue per year per person.

Visit www.pinellas.gov/EAP.

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

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.

- **September 20 – Know Your Numbers** – BMI, BP, HDL, LDL! What does it all mean!? Get simple explanations of biometric numbers and ideas for improving them. Available in English and Spanish.
- **October 4 – Life With Cancer** – When cancer becomes a reality for you, or someone close to you, everything changes. We'll talk about the stressors and strategies for managing them.

Tobacco Cessation Programs



If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2024 to avoid the [tobacco surcharge](#) and save \$500 on your 2024 medical plan premium. There are a variety of ways to complete a program.

- Sign up for tobacco cessation coaching with Brittany or Shannon, our [onsite Cigna health coaches](#).
- Work with a Cigna health coach over the phone. To register, call (800) 862-3557, option 6.
- Complete an online 28-Day Quit Program on my.Cigna.com.
- Register for a Tobacco Free Florida class series.
 - [Thursdays, 12:30 - 1:30 p.m., Sept. 28, Oct. 5, 12, 19](#)
 - [Wednesdays, 12:45 - 1:45 p.m., Oct. 11, 18, 25, Nov. 1](#)

View more [tobacco cessation resources](#).



Start each day with MyPinellas, the County's new intranet site. Enjoy fresh news and features, updated every day, including upcoming wellness activities and events.

www.pinellas.gov/MyPinellas



BayCare VIP Mammogram Days



Designed especially for Pinellas County Government employees, this VIP program gives first access to appointments.

WHO:

Pinellas County Government employees with insurance as well as covered spouses.*

WHAT:

A 3D mammogram screening is covered at 100% as an annual preventive screening for women age 40 and older.

WHERE and WHEN:

Susan Cheek Needler Breast Center

Morton Plant Hospital-Axelrod Pavilion
400 Pinellas St., Suite 100, Clearwater
October 24, 1:00 - 5:00 p.m.
November 2, 1:00 - 5:00 p.m.
November 6, 1:00 - 5:00 p.m.
November 14, 1:00 - 5:00 p.m.

BayCare Imaging – Carillon

900 Carillon Parkway
St Petersburg
October 24, 12:00 - 4:30 p.m.

To learn more, see the FAQs on reverse.

* If you are outside the Pinellas County Government insurance plan, please check with your insurance provider.

Scan QR code or click below to register:



[Register now](#)

#inourhands



Celebrating Hispanic Heritage Month: Mexican Yellow Rice Recipe



September 15th marks the beginning of Hispanic Heritage Month, a time for people who identify as Hispanic, Latino, or Latina to celebrate their rich cultures and history. While most other cultural observance months

start on the first of the month, Hispanic Heritage Month begins on September 15th as five Central American countries (Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua) celebrate their independence days on that date and Mexico celebrates on September 16th. Hispanic and Latin Americans make up nearly one-fifth of the United States population and their cultural backgrounds have been influential in every part of our nation's history.

This Mexican yellow rice recipe is modified to increase protein by substituting chicken stock for chicken bone broth. Bone broth is rich in protein, collagen, magnesium, calcium, and phosphorus and adds protein to grains as the liquid absorbs into the grain during the cooking process. Additionally, using brown rice can boost the fiber content of this dish, as well as providing additional B vitamins and vitamin E.

Ingredients

- 2 tablespoons olive oil
- 1 small onion, finely diced
- 1 small red bell pepper, minced
- 4 cloves garlic, minced
- 1 cup long grain rice

- 1-8 oz. can tomato sauce
- 1 1/2 cup chicken bone broth
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon oregano
- Salt and pepper to taste

Directions

1. In a large saucepan over medium heat, add olive oil, onion, and bell pepper. Cook for 5-7 minutes or until onion becomes translucent and bell pepper has softened.
2. Once softened, add the rice and tomato sauce, and stir it for 1-2 minutes or until tomato sauce becomes fragrant.
3. Add chicken bone broth, turmeric, cumin, oregano, garlic powder, salt, and pepper. Place a tight-fitting lid on the pot, reduce the heat to medium low and simmer for about 15 to 20 minutes or until the rice is tender. Fluff it up with a fork immediately and serve.

Recipe adapted from [Mexican Food Network](#).

Yield: 4 servings

Serving size: 1/2 cup cooked rice

Nutritional information per serving:

Calories 284, Carbohydrate 46 gm, Fat 8 gm, Fiber 4 gm, Protein 6 gm, Sodium 19 mg, Sugar 5 gm



Digestion

Did you know digestion begins in the mouth, not the stomach? Your teeth grind the food while your saliva moistens it and starts breaking down the starches.

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

Find it Fast: HR from A to Z



Use our [A to Z Index](#) to find what you need on the Human Resources website quickly and easily. Access the A to Z link on the left-hand side of any Human Resources webpage. Let us know if you have items to add by emailing AskHR@pinellas.gov.



September 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			6:30 to 7:10 a.m. Walk & Talk (Outdoor) Shannon	
12:15 to 12:45 p.m. Core & Balance Shannon (no class 9/4)	12:10 to 12:40 p.m. Cardio Bootcamp Sydney (no class 9/5)	12:15 to 12:45 p.m. Spin Shirley	12:10 to 12:40 p.m. Full Body HIIT Sydney (no class 9/7)	12:30 to 1:15 p.m. Restorative Yoga Shannon (no class 9/8 and 9/29)
	5:15 to 6:15 p.m. Solely Strength Sydney (no class 9/5)	Parks' Magnolia Room in Largo 5:30 to 6:30 p.m. Urban Line Dancing Jolanda		
		5:30 to 6:30 p.m. Step 'n' Sculpt Lisa (no class 9/6)		

All classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater, except Urban Line Dancing is at Parks & Conservation Resources, 12520 Ulmerton Road, Magnolia Room, Largo.

NO REGISTRATION REQUIRED - JUST SHOW UP

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

Core & Balance (30 minutes): An all-level core-dedicated workout to strengthen mid-body muscles to 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): 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 on building strength, lean body mass, and bone strength, and decreasing body fat.

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) (**Parks' Magnolia Room**): Dance is an excellent stress reducer, muscle toner and leg strengthener. Get moving and have some fun!

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](#).

