

# December and January Wellness Activities



## Impact of Mental Health

[Register here](#) for a 45-minute webinar on **December 13 at 11:00 a.m.** to learn about the impact of mental health on physical health. Explore the science between the mind, body, and spirit connection.



## Tobacco Cessation

If you are on the medical plan and use tobacco, complete an [eligible tobacco cessation program](#) between now and March 31, 2024 to avoid the \$500 tobacco premium. Virtual cessation programs are available.



## Donate Blood

Help save lives by donating blood! We partner with OneBlood to bring the Big Red Bus to a location near you. View a list of [upcoming blood drives](#).



## Stepping Into Your Health Challenge

**Coming soon!** Step into your health with the annual walking challenge beginning in January 2024. More details to come.

## NEW: Solely Strength Class Now Offered Twice a Week



Join Wellness Technician Sydney on Tuesday and Thursday nights for a pumped-up strength training class. See the [group fitness class schedule](#) for details. All classes are at the Wellness Center in Clearwater, except Urban Line Dancing which is held at Parks/Extension Services.

- Cardio Bootcamp
- Core & Balance
- Full Body HIIT
- Restorative Yoga
- Solely Strength
- Spin
- Step 'n' Sculpt
- Urban Line Dancing
- Walk & Talk

## Wellness Weekly Breaks: Just 15 Minutes a Day

### Meditation Mondays



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

### Decompress to Stress Less on Wednesdays



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.

### Friday Stretch



Sitting for long periods of time can play havoc with your posture and health. Pledge to move more by dropping in [every Friday](#) at **10:00 a.m.** to take a quick 15-minute stretch wherever you are.

11/27/23



Scan the QR code to register.

**Pinellas County Wellness Program**  
[www.pinellas.gov/wellness](http://www.pinellas.gov/wellness) (727) 464-3367, option 1

