



To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



JANUARY 2024

January is National Blood Donor Month

By Sydney Szczesniakowski, MS, NSCA-CPT, Wellness Technician



Sydney Szczesniakowski

This month, we celebrate the lifesaving impact of blood donors' precious gift and encourage others to donate. Because blood cannot be manufactured or substituted, the only source for patients who need a transfusion is volunteer blood donors. National blood supplies can become critically low, making year-round volunteer donations important. Low

blood donor turnout during [climate disasters](#), peak travel seasons, holidays and harsh winter months can create critical shortages. An adequate blood supply is essential for situations such as car accidents, cancer treatments, chronic illnesses, surgeries, and mass casualties. One donation can save up to three lives!

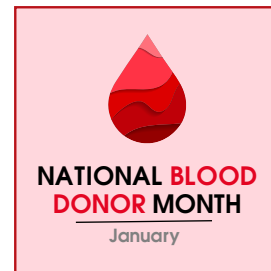
Anyone over the age of 17 years old, weighing at least 110 pounds, and in generally good health is [eligible to donate](#). You can choose to donate platelets and plasma or whole blood. Platelets and plasma are donated in a process called [apheresis](#) where a machine separates the red blood cells from the platelets and plasma, returning them back to the donor.

A [whole blood donation](#) is comprised of red blood cells, platelets, plasma, and anti-hemophilic factor (AHF). Each of these components plays an important part in saving

lives. Red blood cells are used to help those who have experienced a trauma or are recovering from surgery, platelets are often used during cancer treatments and organ transplants, and plasma and AHF are used to improve blood clotting for a wound. Blood and its components are perishable products that can only be given by voluntary donation, so every single donation and donor matters.

If you qualify, please consider donating. [Before your appointment](#), you should get a good night's sleep, have something to eat, and drink fluids, not including caffeine or alcohol. All donors must present identification before donating. Similar recommendations apply [after you give blood](#): avoid strenuous activity, drink plenty of fluids, avoid alcohol for at least 24 hours, and eat foods [rich in iron](#) and [vitamin B](#). The donation process from start to finish takes about an hour, but you are giving blood for only 8-10 minutes.

The Wellness Program makes donating blood convenient with regularly scheduled [OneBlood buses at worksites across the County](#), but you can also donate at buses scheduled at other [locations](#), including restaurants, shopping malls, churches, hospitals, and OneBlood offices.



Wellness Incentive Updates

Great news! This year, all wellness incentive rewards default to cash. If you prefer to receive *points*, you may elect to do so in [myCigna.com](#). View the [Reward Points Election Help Guide](#).

Incentives earned will be added to your paycheck in **March** and **September** according to the [incentive payout schedule](#).

Also new this year, Social Health and Wellness in Apps and Activities completions will no longer

automatically update in myCigna. Upon completion, you need to enter these manually as a self-reported goal.

To view and redeem points, visit the [Pinellas County Rewards Program site](#) (internal SharePoint link).

For more information, view the [Wellness Incentive Program](#) webpage.



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Weight Loss Meds

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



Brittany Hartup

Have you been eating healthy and exercising regularly, but still find it difficult to achieve a healthy weight? When is it time to try a prescription to aid in weight loss? Doctors consider body mass index (BMI), lifestyle habits, medical history, and coexisting conditions like diabetes and heart disease when deciding to prescribe weight loss aids. If you

are ready to have that conversation with your physician, prepare yourself by learning about some of the available treatments.

Over the last two years, weekly injectable medications Ozempic, Wegovy, Mounjaro, and Zepbound have become quite well-known — enough for manufacturers to have trouble supplying the demand. While there is still a lot to learn about these drugs, here's what we know so far.

[Semaglutide](#) is the active ingredient in both Ozempic and Wegovy; however, they are each approved by the U.S. Food and Drug Administration (FDA) for different purposes. Ozempic is intended to manage type 2 diabetes by controlling blood sugar. It can also reduce the risk of heart attack, stroke, and death in people living with type 2 diabetes. Wegovy, which can be used by adults and children as young as 12 years, is approved specifically for weight loss. Semaglutide medications stimulate

2023: A Year in Review

It's been quite a busy year for the Wellness Program. There were over **245** opportunities to take part in a wellness activity, whether it be a webinar, workshop or health screening! We hope you were able to take advantage of some of the many ways we're here to support your health and well-being.

- 178 mammograms
- 73 dental exams
- 36 dermatology visits
- 249 vaccines
- 11 onsite gardening and financial well-being workshops
- 45 webinars

Bringing screenings to you

- 9 Jet Dental clinics
- 13 dermatology buses
- 10 vaccine clinics
- 11 mammography buses
- 5 VIP BayCare Mammo Days

Cigna health coaching

- 974 one-on-one coaching sessions
- 278 group sessions

Onsite Employee Assistance Program (EAP) Counselor

- 279 individual/family sessions
- 3 critical incident support
- 1 activation (hurricane)

receptors of a hormone called GLP-1, which is released in the gastrointestinal tract in response to eating. GLP-1 prompts the pancreas to produce more insulin. This allows for better control of blood sugar in pre-diabetics and diabetics. GLP-1 also interacts with the parts of the brain that reduce appetite and create feelings of fullness, leading to less food intake.

Like semaglutide, [tirzepatide](#) (Mounjaro and Zepbound) activates GLP-1 receptors in the intestines and a similar hormone that helps maintain blood sugar levels by increasing insulin production from the pancreas.

Ozempic and Mounjaro require a [diagnosis of type 2 diabetes](#) in order to be covered by insurance, and you may need to try a medication like [metformin](#) before starting them. Wegovy and Zepbound are approved by the FDA

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January and February Wellness Activities

Financial Well-Being

Financial Game Plan



[Register now](#) for a 45-minute webinar on **January 23 at 12:15 p.m.** Join Financial Coach Regina Novak as she shows you how to start game-changing financial habits to keep you on track for the new year.

Personal Finance



[Register now](#) for a 1-hour webinar on **January 16 at 12:15 p.m.** Learn finance strategies to overcome barriers, reduce debt, and take action on savings goals. Discover how to evaluate your financial situation.

Retirement Saving



[Register now](#) for a 1-hour in-person workshop in Clearwater on **February 13 at 12:00 p.m.** Discover steps to help save for your retirement — from your 20s into your 60s — and how to stay on track.

25 Tips to Jumpstart Your Weight Loss



[Register now](#) for a 45-minute webinar on **January 18 at 12:15 p.m.** Join Shannon to learn how to stay focused, improve your knowledge of nutrition and exercise, and make health-conscious choices.

Cook Along: Meal Prep 101



[Register now](#) for a 1-hour webinar on **January 24 at 12:00 p.m.** Join Shannon to uncover all things meal prep including planning, preparation, and storage. Save money and time with nutritious egg bites and spicy tofu bowls.

Wellness Incentives



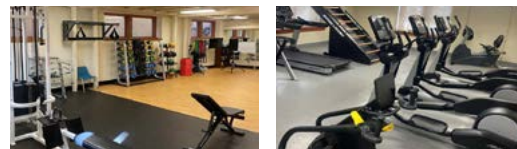
NEW this year! Wellness rewards payouts now default to *cash*. If you would like rewards *points* instead of cash, you must select points in [myCigna.com](#). View the [Wellness Incentive Program](#) and the [Help Guide](#) for more information.



Stepping Into Your Health Challenge

[Register now](#) to step into your personal health journey with an 8-week walking challenge that begins **January 29**. Create and adhere to a healthy lifestyle change — walking more!

Wellness Center Open House



Come discover our **5,900 square foot free** state-of-the-art Wellness Center located in downtown Clearwater in the basement of the old Courthouse on **February 6** from 10 a.m. to 2 p.m. and 4 to 6 p.m. View the [schedule of events](#). No registration required.

- Try out fitness classes
- Body composition analysis & blood pressure checks
- Meet with Cigna onsite rep
- Cooking demonstration
- Try out Hinge Health
- Get an orientation
- *And more!*

Bookmark [Wellness Classes and Activities](#).



Blood Donor Testimonials

Why do you give?



**NATIONAL BLOOD
DONOR MONTH**
January

OneBlood's slogan is Give blood and save lives, and that really is why I donate. It's not yet possible to manufacture blood which is only available from volunteers like me.

Years ago, when I gave my first gallon, I got a letter thanking me for joining the Quiet Heroes who share so that others may live another day. I was also notified that I have a rare blood antigen found in only 1 of 1,000 donors. This means my blood can help those with special needs such as cancer, kidney disease or sickle cell disease. They keep an inventory of rare donors' blood which may be frozen and stored if not needed immediately. This motivated me to donate more often. It's humbling talking to other donors who have given so much more than my 10 gallons (some are up to 50 or even 100 gallons!).

I work in the Annex building and for years I donated on the Big Red Bus at the Clearwater Courthouse. It was convenient walking over from the office, and I didn't have to track when I could give again. I knew I was eligible each time the bus showed up. During COVID, I started going to the Palm Harbor OneBlood Center on Sundays instead. Now I mark my calendar for the next eligible Sunday in 8 weeks and try to go then. It's become a habit for me.

I am embarrassed to admit that I'm squeamish and can't look when they insert or remove the needle. I also don't like to see anyone else's needle or blood bags, so I bring a book which works well to distract me. When I first started, my husband donated with me which was a big help. If you are a first-time donor, I suggest taking a friend or family member along.

Please join me in donating blood. One donation can save three lives.

- Camille Evans, Human Resources

I started donating here and there in my twenties because it was something simple I could do that helped those in need. In my thirties, my husband was in a terrible accident and over the course of 6 months, required multiple blood transfusions. It really hit home about how important blood donors and their lifesaving gift really are. Now I donate as regularly as possible.

- Jane Grannis, Human Resources

I started to donate blood about one year ago. I was extremely nervous, as it was my first time. It was so easy. I am so sorry that I didn't do it sooner!



You are seated in a comfortable chair with kind, attentive staff. After the initial prick, it's painless. When you donate, your body replaces the blood volume within two days. Every two seconds someone in the U.S. needs blood. It only takes 30-45 minutes, and you are saving lives. How awesome is that! That's a reward in itself.

- Michele Root, Airport

I learned recently that the FDA had changed its policy preventing gay men from donating blood. This was the first opportunity I had since the change went into effect that I wanted to see for myself. I was curious to learn what the process was like, what screening questions would be asked, and whether or not I would be permitted to donate this time.

It's been YEARS since I've been able to donate and I was finally allowed. I actually teared up a little bit because I haven't been able to contribute in that way for so long. That weekend, a group of friends who identify as gay men also wanted to hear about the experience. Like me, they were suspicious about the new changes and what would happen. I told them about my experience and as of today, I know that three of them have also successfully donated.

- David Valdez, Utilities



A snapshot of **blood donation today**



Every two seconds

someone in America needs a blood transfusion.

The need is great

extending beyond unexpected emergencies like car crashes, encompassing a wide range of medical treatments such as cancer therapies, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.

3% of Americans currently donate blood

despite 65 percent of the population being eligible to do so. Additionally, less than 20 percent of blood donations come from individuals in communities of color, and donations from individuals aged 19-24 have declined by nearly 32 percent from 2019 to 2021.

Nearly 7 million people

selflessly give blood every year, serving as a lifeline for countless individuals in need. This includes trauma victims, patients battling sickle cell disease or Thalassemia, as well as those who require organ or bone marrow transplants.

Looking for more information on America's blood supply and its donors?



Scan this code to access the U.S. Blood Donation Statistics and Public Messaging Guide, a first of its kind guide from America's Blood Centers and ADRP designed to provide the latest look at America's blood supply and its donors. It uses data curated from published research, credible public sources, and input from industry experts as well as editable social media graphics.



STEPPING INTO YOUR HEALTH

January 29 to March 22, 2024

COOL FACTS

- The average adult will take enough steps in their lifetime to travel around the world three times – that's a staggering 75,000 miles.
- Walking for just 30 minutes a day can improve mental well-being, reducing symptoms of depression and anxiety.

Committed to making healthy changes in 2024 but not sure how to start? One step at a time! **Step into your personal health journey with an 8-week walking challenge.** Create and adhere to a healthy lifestyle change: walking more!



WHAT'S IN IT FOR ME?

- New Year's resolution commitment
- Improved physical health
- Gratification and accomplishment
- Increased motivation for healthy change



HOW DO I START?

- Sign up using the [Registration Form](#) (or the QR code below).
- Set your weekly goals.
- Use ChallengeRunner to track your progress.
- Share inspiration through the community Teams chat.

12/26/23



NATIONAL WEAR RED DAY®

February 2, 2024

Rock your Red today for women's heart health.

American Heart Association



Mark Your Calendar: Wear Red on Friday, February 2

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. The first Friday each February, American Heart Month, the nation comes together, igniting a wave of red from coast to coast with the goal of the eradication of heart disease and stroke.

On February 2nd, ignite your department's wave of red by sending us a photo of you and your peers sporting the color. Working remotely? No problem! Send us a screenshot of your virtual meeting. Email your photo to wellness@pinellas.gov and we'll share it in the next newsletter.

Healthy Nutrition for Healthy Babies

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



Shannon Parks

During any pregnancy, it can seem as though the world's focus is on the baby. However, when we're thinking about the health of the baby, we should also consider the healthy nutrition intake of the carrying individual. Both individuals looking to conceive and those who are pregnant need

an understanding of the benefits of good nutrition both prior to, and during, their pregnancy. A balanced diet including an increased intake in certain nutrients such as folic acid can help reduce risk of potential birth defects.

[Per the CDC](#), all individuals of reproductive age should consume 400 micrograms (mcg) of folic acid each day. In addition to supplementing with folic acid, consuming a variety of foods can also help prevent neural tube defects. Neural tube defects are major birth defects of the baby's brain (such as anencephaly and [spina bifida](#)). If a pregnant person has had a neural tube defect affected pregnancy, their folic acid intake recommendations increase to 4,000 mcg daily.

The support and education provided through the Maternity Support Program was a welcomed incentive to have available during my pregnancy. I highly recommend it to any expectant mom!

- Alexis Ferguson, BTS

Making healthy nutrition choices can help contribute to both a healthy pregnancy and a healthy baby. To get the nutrients needed during pregnancy, choose an array of healthy foods in the following food groups: whole fruits (versus fruit juice), vegetables, whole grains, protein, dairy, and healthy fats. Excellent dietary sources of folate (folic acid) are dark green leafy vegetables, beans, peanuts, sunflower seeds, fresh fruit, and whole grains. The vitamins, minerals, and nutrients found in these foods help the fetus develop and grow throughout the pregnancy. In fact, researchers have studied the association between low folate levels in carrying individuals and neural tube defects since 1965.



If you are pregnant and would like additional guidance and resources, consider enrolling in Cigna's Maternity Support (Healthy Pregnancies, Healthy Babies) Program. Enroll today by calling (800) 615-2906. Depending on when you register (1st or 2nd trimester), you can earn up to \$200 in [wellness incentive rewards](#).



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



WELLNESS CHAMPION SPOTLIGHT

Toni Merrill

Office of Management & Budget

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!



How long have you worked for Pinellas County?

I have worked for the Office of Management & Budget for 4 years.

Tell us a little about yourself.

I was raised in Cleveland, Ohio, but moved to Florida in 2006. I live in Clearwater, and I love the beach,

although it seems that the only time I get a chance to visit is when out-of-town family come to visit. I am a huge sports fan, but football and baseball are my favorites. I do appreciate and cheer for the Bucs and Rays, but my heart is forever held by my Ohio teams, the Cleveland Browns and the Cleveland Indians (now Guardians). I am a wife, a mother, and a grandmother of 2. My family is my everything!

Why did you want to serve as a Wellness Champion?

I love promoting healthy resources and options. I have learned so much about what the County offers us, and I have utilized almost all programs and classes that I can. With my husband and I having medical conditions that require medications and follow-up, it has been so beneficial to our family. I truly feel obligated to share this with my coworkers.

What do you do to take care of yourself?

I have started gardening for my own vegetables and spices. I have been working with the Wellness team and meeting regularly to ensure that I am keeping healthy habits and finding alternatives to my not so healthy habits. Most recently, I have started walking and focusing more on my weight and weight loss. Due to medical issues, I was unable to utilize the [County gyms](#) but am optimistic that is something I can start up in 2024.

Weight Loss Meds continued from [page 2](#)

for weight loss without diabetes and can be helpful for people who have high cholesterol, high blood pressure, or heart disease.

[Oral medications](#) that can aid in weight loss include phentermine, Contrave, and Qsymia. [Vyvanse](#), a medication primarily used for attention deficit hyperactivity disorder (ADHD) is also approved by the FDA to treat binge eating disorder.

Regardless of the route you and your healthcare provider choose to manage your weight, no medication can take the place of healthy eating, regular exercise, and restorative sleep. [Counseling](#) can also be helpful in determining underlying reasons for undesirable eating patterns. Want to learn more about managing your weight, diabetes, high blood pressure, high cholesterol, and more? Don't hesitate to [contact me](#) to schedule your free health coaching sessions so I can help support you in reaching your goals.



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

Warning About Fake Ozempic

The FDA recently [issued a warning](#) following the discovery that some pen devices marketed in the U.S. containing the prescription-only drug Ozempic (semaglutide) are fake. Ozempic is a weekly injectable drug used to treat diabetes and lower the risk of heart attacks and stroke for patients who have diabetes and cardiovascular diseases. Ozempic contains the same drug as Wegovy, used for weight loss, meaning some people may use Ozempic [off-label](#) to manage weight.

Here's what you should know:

- Express Scripts, Pinellas County's home delivery prescription service, did NOT receive any of the fake Ozempic.
- Large numbers of these fake devices have been removed from the market; however, some may still be in distribution.
- All the fake devices have lot number NAR0074 and serial number 430834149057.
- Individuals are warned to not purchase Ozempic from sources other than licensed pharmacies and to inspect each device and its packaging for false numbers.



Discover our 5,900 square foot state-of-the-art fitness center.

Wellness Center Open House

February 6, 2024

10 am - 2 pm and 4 - 6 pm

**324 S. Ft. Harrison Avenue, Clearwater
(Basement of the old Courthouse)**

Free gym membership available to Pinellas County employees, retirees, and registered volunteers.

Orientations (30 min.)

10:15 am, 11:30 am, 12:45 pm,
1:30 pm, 4:30 pm, and 5:30 pm

Try a Fitness Class (15 min.)

- Full Body HIIT 12:45 pm
- Core & Balance 1:15 pm
- Solely Strength 4:30 pm
- Urban Line Dancing 5:30 pm

Cooking Demo

- Protein Balls 12:15 pm

Glow Germ Demo

- 11:00 am
- 4:15 pm

Blood Pressure Checks
(all day)

**Body Composition
Analysis** (all day)

Cigna Representative

- 12:00 – 2:00 pm

**Hinge Health Digital
Therapy** (all day)

**Employee Assistance
Program (EAP) Counselor**
(all day; 12:30 pm presentation)



**Snacks,
giveaways
and more!**



www.pinellas.gov/wellness-open-house

Lung Cancer: Beyond the Basics

BayCare Presents Health and Wellness From the Experts Webinars

Thursday, January 11, 1:00 to 1:45 p.m.

Presented by: Clauden Louis, MD

Lung cancer is one of the world's most frequently diagnosed types of cancer and the number one cause of cancer-related deaths worldwide. Smoking is a risk factor, but 10-20% of individuals with lung cancer have never smoked. So, regardless of your smoking history or current smoking status, it's important to stay alert and be aware of lung cancer.

Please [register](#) in advance.



Tobacco Cessation Programs

If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2024 to save \$500 on your 2024 medical plan premium due to the [tobacco 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 [myCigna.com](#).
- Register for a Tobacco Free Florida class series by calling (813) 929-1000.
 - **Virtual classes:** Tuesdays, 12:00 - 1:00 p.m., Jan. 16, 23, 30, Feb. 6
 - **In-person classes:** Public Works Mosquito & Vegetation, 4100 118th Ave. N. in Clearwater, Thursdays, 7:00 - 8:00 a.m., Feb. 1, 8, 15, 22

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.

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
January 18, 12:00 to 5:00 p.m.
- **Solid Waste**
3095 114th Ave. N., St. Petersburg
January 31, 10:00 a.m. to 1:00 p.m.
- **South County Tax Collector**
2500 34th St. N., St. Petersburg
January 24, 11:00 a.m. to 1:30 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
January 25, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Ft. Harrison Ave., Clearwater
January 18, 11:00 a.m. to 4:00 p.m.

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.

- **January 24 – Not All Stress is Created Equal** – Stress is universal, but how we react and respond is personal. Explore factors that shape your stress “style” and get targeted coping strategies.
- **February 7 – The Power of Connection: Healthy Relationships** – Science tells us that social connections are crucial to well-being. Join us to talk about what a meaningful relationship looks like and how to build them in your life.



Parenting Challenges

No one said it would be easy and it's not! EAP offers a variety of tools including articles and resource locators, plus short-term counseling at no cost. Visit [www.pinellas.gov/EAP](#).

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



Celebrating Chinese New Year: Steamed Whole Fish Recipe



Some people believe that [Chinese New Year](#) (Lunar New Year or Spring Festival, as it's also known) originated some 3,500 years ago during the Shang Dynasty, when people held sacrificial ceremonies in honor of

gods and ancestors at the beginning or end of each year. This has come to be known as the most important festival in China. The date of Chinese New Year is determined by the lunar calendar; the holiday falls on the second new moon after the winter solstice on December 21. In 2024, Chinese New Year will take place on February 10.

A meal prepared on Chinese New Year's Eve is called a "reunion dinner", wherein all members of a multigenerational family are meant to be reunited, bringing in the new year together. There are seven foods believed to be lucky when consumed in celebrating Chinese New Year: fish (increase prosperity), dumplings (wealth), spring rolls (wealth), sweet rice balls (family togetherness), good fortune fruit (wealth, fullness), glutinous rice cake (higher income/power), and longevity noodles (happiness and longevity). Fish is a staple on the [celebratory dinner menu](#) as it symbolizes having a surplus from this year, and carrying that surplus into the next year. Traditionally it's prepared steamed, whole, and the upper half of the fish is consumed on New Year's Eve, and the lower part of the fish is consumed on New Year's Day.

This recipe uses bass, which is rich in protein and nutrients such as selenium, potassium, vitamin B12, as well as omega-3 fatty acids; however, you can use any type of fish you like.

Ingredients

- 1 whole striped bass or sea bass (about 1 ½ lbs.)
- 3 tablespoons fresh ginger, finely minced
- 2 scallions, finely sliced; whites and greens separated
- 8 sprigs fresh cilantro, finely chopped
- 1/4 cup oil
- 1/4 cup water
- 1/4 teaspoon salt
- 3/4 teaspoon sugar
- 1/4 low-sodium soy sauce
- Fresh pepper to taste

Directions

1. Prepare the fish: Descale your fish using a serrated knife. Cut off fins with kitchen shears. Clean out the blood line inside the fish, near the backbone. Remove any gills with kitchen shears. Give the fish a final rinse, shake off excess water, and transfer to a heat-proof plate for steaming. Put nothing on the fish before steaming – nothing!
2. Prepare the dish: Steam the fish on a metal wire rack for nine minutes, then turn off the heat. Use a butter knife to peek at the meat and confirm the fish is cooked through. The meat should be opaque to the bone.
3. Carefully pour off all the liquid accumulated on the plate from steaming and spread half of the ginger, scallion greens, and cilantro over the fish.
4. Mix the water, salt, sugar, soy sauce, and ground pepper in a small bowl. Heat 2 tablespoons oil and the other half of the ginger in a saucepan until the ginger begins to sizzle and add in the sauce mixture. Heat the mixture until simmering.
5. Once simmering, add the rest of the oil and white portions of the scallion and stir until the liquid begins to simmer and sizzle once again. Spoon the entire mixture evenly over the fish and serve hot.

View the [full recipe](#).

Yield: 4 servings

Serving size: about 1/4 recipe

Nutritional information per serving:

Calories 307, Carbohydrate 3 gm, Fat 18 gm, Fiber 1 gm, Protein 32 gm, Sodium 1075 mg, Sugar 1 gm



Broccoli

Broccoli contains twice the vitamin C as an orange and almost as much calcium as whole milk.

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



January 2024 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 1/1 and 1/15) | 12:10 to 12:40 p.m. Cardio Bootcamp Sydney (no class 1/30) | 12:15 to 12:45 p.m. Spin Shirley (no class 1/17 and 1/24) | 12:10 to 12:40 p.m. Full Body HIIT Sydney | 12:30 to 1:15 p.m. Restorative Yoga Shannon (no class 1/12) |
| | 5:15 to 6:15 p.m. Solely Strength Sydney (no class 1/30) | Parks' Magnolia Room in Largo 5:30 to 6:30 p.m. Urban Line Dancing Jolanda | 5:15 to 6:15 p.m. Solely Strength Sydney | |
| | | 5:30 to 6:30 p.m. Step 'n' Sculpt Lisa (no class 1/31) | | |

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): Build strength, lean body mass, and bone strength, while 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](#).

