



To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



FEBRUARY 2024

FEBRUARY

BLACK

• HISTORY MONTH •

We celebrate Black History Month to acknowledge and celebrate the rich history, key figures and contributions of Black Americans. We would like to raise awareness by sharing health information that may be especially important to Black Americans.

Health Disparities for Black Americans

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

Healthy living should be simple, right? Exercise, eat well, go to the doctor. While it sounds easy and tangible, it is not for certain groups of people in America. Minorities and certain racial and ethnic groups experience [health disparities](#), or differences in health that negatively affect disadvantaged populations. Health disparities exist due to many different factors including nonmedical factors such as [social determinants of health](#). Examples of social determinants of health include racism, discrimination, safe housing and neighborhoods, access to nutritious foods, job opportunities, and income. The relationship between social determinants of health and health disparities is, for example, if someone does not have access to healthy foods or safe areas to engage in physical activity, their risk of developing health conditions increases. The Black American community is widely impacted by social determinants of health and health disparities:

Heart Disease

- [30%](#) more likely to die from heart disease*
- Black women are [nearly 50%](#) more likely to have high blood pressure**.

Obesity

- [1.3 times](#) more likely to be obese*

Diabetes/Kidney Disease

- [2 times](#) as likely to develop type 2 diabetes.

Continued on [page 4](#)

Black Americans: What You Should Know About Blood Pressure

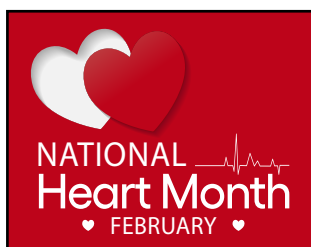
By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach

You might be surprised to learn that not all conditions affect groups of people the same way due to genetics, culture, gaps in access to quality health care, or all of the above. Lifestyle modifications and treatments are not one-size-fits-all. Some racial and ethnic groups have a higher risk for certain conditions. Knowing your risks and advocating for yourself to your healthcare provider is essential to your health. Hypertension (high blood pressure) affects [up to 33% of adults](#) in the United States, making it the leading cause of cardiovascular disease; however, if you're Black, that risk is higher.

Black adults between ages 35-64 are [50% more likely](#) to develop hypertension than non-Hispanic Whites. Obesity and diabetes, which increase the risk for hypertension and heart disease, are [disproportionately higher](#) in Black populations. If left untreated or poorly managed, high blood pressure can lead to stroke, heart failure, kidney disease, and even death.

Checking your blood pressure regularly and consistent checkups with your doctor are extremely important to stay on top of any changes; and if needed, address them quickly. Most pharmacies and many grocery stores have blood pressure machines free to use by the public. If you want to have your own blood pressure monitor,

Continued on [page 4](#)



Inside

- 3 February Wellness Activities
- 4 Health Disparities for Black Americans continued, Black Americans: What You Should Know About Blood Pressure continued
- 5 Black American Pioneers in Medicine
- 6 Mobile Mammogram Flyer
- 7 Omada for Cigna Program, Why Am I Getting an Email from Omada?, Announcing the 2023 Maintain Campaign Winners!
- 8 Love Your Heart Webinar, What's in Your Medicine Cabinet?, Blood Drives, EAP Wellness Webcast, Wellness Center Orientations, Tobacco Cessation Programs
- 9 Pinellas County Wears Red
- 10 Pinellas County Wears Red continued
- 11 Frozen Yogurt Recipe, Heart Health in a DASH continued
- 12 Group Fitness Classes Schedule

Pinellas County is a Cigna Healthy Workforce

The [Pinellas County Wellness Program](#) is a proud recipient of the *Cigna Healthcare 2023 Bronze Level Healthy Workforce Designation™* for its strong commitment to improving the health and vitality of its employees through its workplace well-being program.



The Cigna Healthy Workforce Designation evaluates organizations based on the core components of their well-being program, including leadership and culture, program foundations and execution, policies and accommodations, and additional areas.

A workplace well-being program that takes a comprehensive approach to employee health can be critical in boosting vitality and building a workforce that experiences better overall health and job productivity.

The Wellness Program educates, provides resources and supports its employees to maintain or improve their physical, emotional, social and financial well-being.

Heart Health in a DASH

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



Shannon Parks

February is nationally recognized as American Heart Month. [According to the CDC](#), in 2021, about 695,000 Americans died from heart disease – that's about 1 in every 5 people. Additionally, in 2018 and 2019, heart disease cost the United States an estimated [\\$239.9 billion each of those years](#), including the cost of healthcare services, medication, and

lost productivity due to death. Most individuals know that taking care of their heart is important, but they may not know exactly how.

Adopting the DASH diet is highly effective in improving heart health. "DASH" is an acronym that stands for [Dietary Approaches to Stop Hypertension](#). The benefits of the DASH eating plan include lowered blood pressure, as well as decreased LDL "bad" cholesterol **by limiting salt and sodium to 1500 mg**, which is lower than the standard dietary recommendation of no more than 2,300 mg of sodium daily.

The DASH eating plan recommends:

- Increased intake of fruits, vegetables, and whole grains.
- Consuming fat-free or low-fat dietary products, fish, poultry, beans, and nuts.
- Limiting foods high in saturated fat, such as fatty and processed meats, full-fat dairy products, and tropical oils such as palm kernel and palm oils.
- Limiting sugar-sweetened beverages and sweets.

To reduce dietary intake of sodium

- Buy fresh, frozen, or canned vegetables with no salt or sauces added.
- Look for "low sodium", "reduced sodium", or "no salt added" labels on packages when available.
- Compare nutrition labels of similar products to find the lowest sodium option.
- When dining out, restaurants are often happy to accommodate a request for no salt and sauces and condiments on the side.

Continued on [page 11](#)



February Wellness Activities

Webinars

Cancer Prevention: Reduce Your Risk



[Register now](#) for a 30-minute webinar on **February 20 at 12:15 p.m.** Learn about cancer, what causes it, and if it could affect you, as well as how to identify and reduce risk factors related to cancer.

African American Storytelling



[Register now](#) for a 30-minute webinar on **February 15 at 12:00 p.m.** In honor of Black History Month, celebrate the importance of storytelling and its significance to African American history, culture, and identity.

Taking Charge of Your Health Care



[Register now](#) for a 1-hour webinar on **February 16 at 12:15 p.m.** Take a proactive role in your care and maximize your health care dollars. Get tips on what to look for when choosing a doctor and how to make the most of your visit.

Cook Along: Hearty, Healthy Soups



[Register now](#) for a 45-minute webinar on **February 21 at 12:15 p.m.** Join Shannon as she prepares two quick, nutritious soups bursting with flavor, and they're easy to freeze for a future weeknight meal.

Financial Drowning — Learn to Swim



[Register now](#) for a 45-minute webinar on **February 15 at 12:00 p.m.** Learn how to keep your head above rough financial waters. Explore ways to manage your debt, credit, budget, and get your financial house in order.

Income Tax Planning



[Register now](#) for a 90-minute webinar on **February 21 at 11:30 a.m.** Learn about common deductions and credits, basic tax calculation, tax advantaged retirement savings, and more. *Registration closes February 19.*

Retirement Saving Onsite Workshop



[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.

FRS Onsite Workshops



Public Safety Complex
10750 Ulmerton Road, Largo

- [Understanding the FRS Pension Plan](#), February 23, 11:00 a.m. to 12:30 p.m. *Registration closes February 20.*
- [Understanding the FRS Investment Plan](#), February 23, 1:00 to 2:30 p.m. *Registration closes February 20.*
- [Getting Ready for Retirement](#), March 6, 8:30 a.m. to 1:00 p.m. *Registration closes March 4.*

Bookmark [Wellness Classes and Activities](#).



Complications can lead to kidney disease which is more common amongst Black populations. Black Americans are 3 times as likely to have kidney failure.*

Cancer

- Have [higher death rates](#) and shorter survival rates than any other group for most cancers, including breast, prostate, colorectal, lung, and multiple myeloma (a type of blood cancer).

Mental Health

- Mental health conditions occur in Black Americans at the [same frequency](#) as White Americans. Only [25%](#) of Black people in the U.S. seek treatment compared to 40% of White Americans.

*Compared to non-Hispanic Whites

**Compared to non-Hispanic White women

How can people of color navigate health disparities?

Advocacy, community, and awareness.

While healthcare organizations and providers are working to address racial bias, people of color may still find themselves in uncomfortable situations. Understand that you are not stuck with one doctor. If you feel mistreated, consider getting a second opinion. Be in tune with your body and mind and don't be afraid to speak up if you feel that your needs are not being addressed.

There is power in numbers. If you don't feel comfortable communicating with a doctor, ask a family member or friend to join you at your next appointment. Embrace your support system and be a support system to others. If you have an elderly Black or Brown relative with health conditions, check in on them every now and then. Nonelderly adults of color were more likely than nonelderly White adults to report not having a usual doctor or provider and going without care. Being an advocate for not only yourself but also the people you care about can save lives.

And finally, be aware of what health conditions you are at risk for. Understand your family history and the statistics that you face. Although improvements have been made in narrowing the gap in health outcomes, America has yet a way to go to improve health disparities and social determinants of health.

you can use [Flexible Spending Account \(FSA\)](#) funds to cover the cost. The County also has wall-mounted blood pressure machines located at Public Works on the 1st floor break room in Building 1, and the downtown Clearwater [Wellness Center](#).

If you are being treated for high blood pressure, knowing which medications best fit your needs is crucial.

The main groups of medications used to treat hypertension are ACE inhibitors, ARBs, beta blockers, calcium channel blockers, and thiazide diuretics. Each group works on different body mechanisms, which is why it is important to understand your unique qualities, risk factors, and other considerations when creating a treatment plan with your doctor. [Academic journals](#) have published that in many cases, the first method of hypertension treatment in Black populations should be thiazide diuretics, calcium channel blockers, or both.

During my time as a health coach with the County, I have had the pleasure of working with a few Black employees to help manage high blood pressure. In two of these cases, employees were being treated for hypertension with medication, but still experienced readings that were too high. Together, we took a close look at which medications they were on, along with risk factors and co-existing conditions, to determine if another class of medications may be more appropriate. I provided educational resources for these employees to review after our sessions, including information about which drug classes are typically recommended as a first line of treatment in Black populations. These employees reported feeling more confident when preparing to discuss the information with their doctor.

Ultimately, all medication decisions should be made by your physician and you; but let's discuss your concerns, prepare for doctor visits, and take control of your conditions. Not only can we work together to improve your health, but you can also earn [Wellness Incentives](#) when you participate in free health coaching. [Email me](#) and let's schedule your first step to better managing your health!



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



Black American Pioneers in Medicine



Many brilliant individuals dedicated their lives and careers to groundbreaking research, pioneering their field, and fiercely advocating for Black medical professionals' and African Americans' rights

to access healthcare. These are but a few of the many individuals who have made important contributions in the U.S. and worldwide. You'll find more medical heroes in [10 African American Medical Pioneers](#) and [The Unsung Stories of 3 Pioneering Black Female Doctors](#).



Patricia Era Bath, MD

In the 1960s, Bath noticed that rates of blindness were much higher at the Harlem Hospital's eye clinic, which served many Black patients, than at the Columbia University clinic, which mostly served Whites. That observation spurred her to conduct a study

that found twice the rate of blindness among African Americans compared with Whites. Throughout her career, Bath explored inequities in vision care.

Alexa Canady, MD

In 1981, Canady became the first black neurosurgeon in the U.S. and a few years later she rose to the ranks of chief of neurosurgery at Children's Hospital of Michigan, where she worked for decades.



Rebecca Lee Crumpler, MD

Crumpler became the first African American woman physician in 1864. She started out as a nurse and eventually went to medical school. Crumpler graduated from the New England Female Medical College (now Boston University's medical school).



Marylin Hughes Gaston, MD

Gaston was the first Black woman to direct a major public health agency when she became the head of the Bureau of Primary Health Care at the Department of Health and Human Services in 1990. In 1986, she published groundbreaking research on sickle cell anemia — a condition that predominantly affects Black Americans — finding that penicillin could be given prophylactically to prevent deadly infections.



Herbert W. Nickens, MD

Nickens set the foundation for promoting improved health among racial and ethnic minority populations. He led Project 3000 by 2000, which launched in 1991 to achieve the goal of enrolling 3,000 students from underrepresented minority groups in U.S. medical

schools annually by the year 2000.

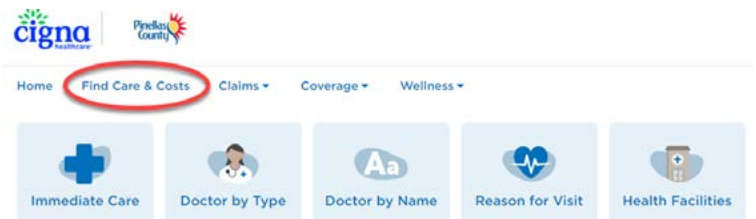
Louis Wade Sullivan, MD

The only Black student in his class at Boston University School of Medicine, he later served on the faculty. In 1975, he became the founding dean of the first predominantly Black medical school. Sullivan also served as secretary of the U.S. Department of Health and Human Services, where he directed the Office of Minority Programs at the National Institutes of Health.



Cigna Network

Not sure if your provider is part of the Cigna network? Log in at myCigna.com, click *Find Care & Costs*, then search for a doctor, practice, or facility to see if they are listed.

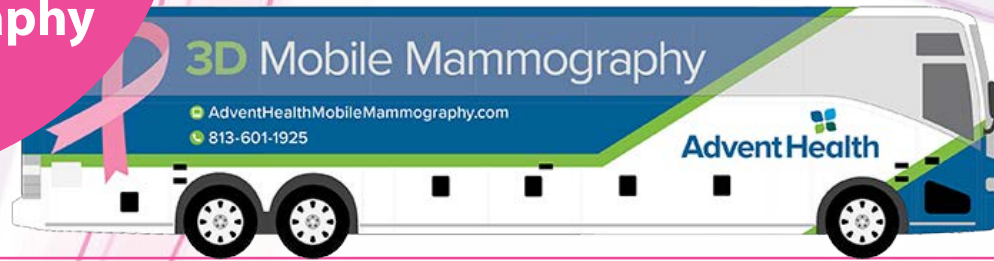


Tobacco Cessation Resources

Pinellas County supports tobacco users by offering free resources and cessation programs. View [Tobacco Cessation Resources](#) for more information.



Bringing 3D
Mammography
to You



Mobile Mammogram

**Miss your mammogram last year?
Don't miss this convenient opportunity to
catch up with your annual care.**

- **Clearwater Courthouse**, 315 Court Street, Clearwater
Tuesday, April 9, 8:30 a.m. to 2:30 p.m.
Thursday, April 11, 8:30 a.m. to 2:30 p.m.
- **Human Services**, 647 First Avenue N., St. Petersburg
Friday, April 5, 8:30 a.m. to 2:30 p.m.
- **Parks / Extension**, 12520 Ulmerton Road, Largo
Thursday, April 4, 8:30 to 10:30 a.m.
- **North County Clerk's Office**, 29582 U.S. Hwy. 19 N., Clearwater
Thursday, April 4, Noon to 2:00 p.m.

1 in 8 women will be diagnosed with breast cancer.

EARLY DETECTION SAVES LIVES. GET SCANNED NOW.

Walk-ins and spouses/domestic partners are welcome.

Schedule your appointment at
www.AdventHealthMobileMammography.com

Click *Schedule Now*, then *Corporate, Government and Community Events*.



Brought to you by the Pinellas County Wellness Program
and AdventHealth Mobile Mammography



Take the first step to a healthier heart

→ Get Started Today



Omada Health, Inc. is an independent third party service provider. "Cigna/healthcare" refers to operating subsidiaries of The Cigna Group or its affiliates.

Omada is a personalized online health program from Cigna to prevent diabetes and heart disease. The program combines data-powered human coaching, a digital scale, and a curriculum tailored to your specific circumstances to help you build healthy habits that last, all at no additional cost to you. For program details and to see if you qualify, visit [Omada Diabetes Prevention](#).

Why Am I Getting an Email from Omada?

All employees on the County's medical plan may receive an email from [Omada](#) to their email with which they created their Cigna



account over the next several weeks. Together with Cigna and Omada, we want to make sure you're aware of all the beneficial resources available to you and your dependents. Omada's healthy lifestyle program gives you access to one-on-one coaching and supports you in eating healthier, getting more active and other habits which can help prevent diabetes and heart disease.

Announcing the 2023 Maintain Campaign Winners!

Employees embarked on an 8-week challenge to maintain healthy habits throughout the holidays in our annual Maintain Campaign. Through the support and motivation from coworkers in the Teams chat, employees were able to improve their physical health, help manage stress, make mindful nutrition choices, and control holiday spending. Congratulations to the following employees who earned the most points! Thank you to everyone who participated in the challenge. The Wellness team wishes you the best with your healthy habits.

**1st Place —
Brenda Leigh**



**2nd Place —
Leena Delli Paoli**



**3rd Place —
Cyndi Watkins**



Superlatives

Early Bird Special — Ethan Blatt
For the earliest workout time.

Ride or Die Workout Partner — Shauna Benish
For partnering up with the most workout buddies.

Masterful Meals — Kelly Faircloth
For sharing the most creative and healthy meals.

Most Engaged — Stephanie Rayman & Titiana Newton
For consistent engagement in activities and bonus activities.

Go Big or Go Home — Stephanie Hendrix & Cathie Perkins
For the biggest TV video workouts.

#1 Cheerleader — Julie Stevenson
Always ready with a kind word for other Maintainers.

Savvy Saver — Laura Albenzio
For sharing awesome financial tips.

Motorcycle Mindfulness — Shaun Griffin
What better time to introspect than during your motorcycle commute.



Love Your Heart

BayCare Presents Health and Wellness From the Experts Webinars

Tuesday, February 13, 11:00 to 11:45 a.m.

Presented by: Erica Barrera, APRN

Explore what cardiovascular health means, our risk factors, and associated diseases. Uncover ways to prevent and reduce our risks to live healthier, happier lives.

Please [register](#) in advance.



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](#). Bookmark [upcoming drives](#).

- **Airport**
14700 Terminal Blvd. Street, Clearwater (in front of the terminal main entrance)
March 7, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street (west parking lot)
February 13, 11:00 a.m. to 4:00 p.m.
- **South County Tax Collector**
2500 34th Street N., St. Petersburg
March 20, 11:00 a.m. to 1:30 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
February 22, 9:00 a.m. to 1:30 p.m.

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](#).

What's in Your Medicine Cabinet?

A well-stocked cabinet is important for your health and well-being. When was the last time you checked its contents? Give your medicine cabinet the [Ultimate Medicine Cabinet Makeover](#). Know what to keep, what to toss and essentials to stock up on.

EAP Wellness Webcast



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

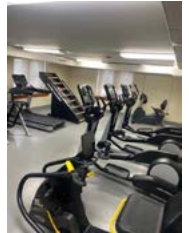
[Sign up now](#) and stay tuned for more throughout the year.

- **February 21 – Managers: The Challenge of Organizational Change** – Leading through change can be one of your toughest jobs. Learn strategies for supporting employees and maintaining your own balance during a change.
- **March 6 – Endings & Opportunities: The Power of Acceptance** – Life is full of curveballs, closed doors, and unexpected endings. Learn how acceptance can reduce stress and help you open the door to new opportunities.

Wellness Center Orientations

Missed us at our Open House and looking for access to the [Wellness Center](#)?

[Register](#) for an orientation to gain 24/7 entry to our fitness center featuring treadmills, free weights, ellipticals, and more!



Help is Available for Your College Children

EAP is available for your dependents even if they are not living at home.

Visit www.pinellas.gov/EAP.

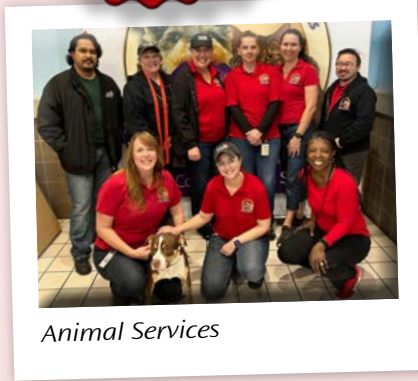
Employee Assistance Program (EAP): Providing counseling and so much more to all Pinellas County employees.





Pinellas County Wears Red

February is American Heart Month. Employees wore red on [National Wear Red Day](#) to spread awareness about cardiovascular disease and help save lives.



Animal Services



Clerk of the Circuit Court



*Clerk of the Circuit Court
(Civil Court Records)*



*Clerk of the Circuit Court
(Jury Services)*



Clerk of the Circuit Court (Clerk's Technology)



Consumer Protection



Economic Development



*Housing & Community
Development*



Human Resources



Human Services





Pinellas County Wears Red continued



Property Appraiser's Office



Public Works



Public Works



Purchasing



Solid Waste



Supervisor of Elections' Office



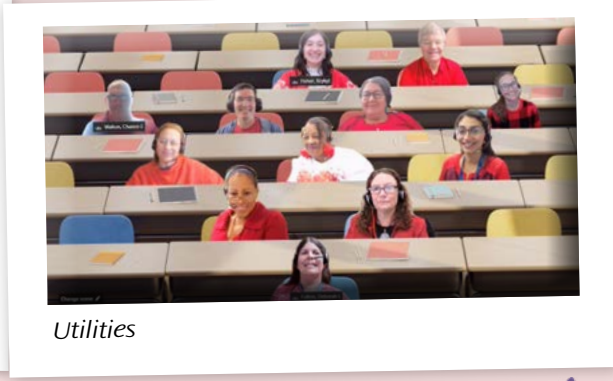
Supervisor of Elections' Office



Tax Collector's Office



Utilities



Utilities



Frozen Yogurt Recipe



Believe it or not, yogurt has been around for well over 4,000 years as a dietary staple in many cultures. Yogurt has origins in the Middle East and India where it was, and continues to be, used in most meals consumed. It

wasn't until the 1900s that yogurt made its way into the Western diet and has increased in popularity ever since. In 1970, frozen yogurt made its debut, and the first frozen yogurt shop was opened by TCBY (The Country's Best Yogurt) in 1981. By 1990, frozen yogurt was responsible for 10% of the entire frozen dessert market. As frozen yogurt continued to gain popularity, TCBY launched the very first National Frozen Yogurt Day in June of 1993; however, the date was later moved to February 6.

Frozen yogurt is easy to make and can be a healthier alternative to traditional ice cream – and there's no ice cream maker required! This recipe uses Greek yogurt to increase the protein content, frozen strawberries which lend a boost of vitamin C, and local honey for immune-boosting effects.

Ingredients

- 2/3 cup plain whole milk Greek yogurt
- 10 ounces frozen strawberries (or other frozen fruit of your choice)
- 1/4 cup local honey
- 1/2 teaspoon lime zest
- 1 teaspoon vanilla extract

Heart Health in a DASH continued from [page 2](#)

When following the DASH eating plan, prioritize foods that are low in saturated and trans fats, foods rich in potassium (such as potatoes and bananas), calcium (foods like leafy greens and fortified dairy), magnesium (such as avocados and pumpkin seeds), fiber (think whole fruits, vegetables, and whole grains), and protein, as well as foods lower in sodium.

The majority of sodium in our diet comes from [packaged foods and restaurant dining](#). Foods with only moderate amounts of sodium, like bread, can be major sources of sodium in someone's diet if they're eaten very frequently.

If you're looking to improve your heart health and reduce your risk of cardiovascular disease with a tailored heart healthy nutrition plan, [email me](#) for a session today!



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

Directions

1. Place the yogurt in the freezer for 20-30 minutes to chill — this will help the frozen yogurt set up faster.
2. Put the frozen fruit into a food processor or heavy-duty blender, processing until the fruit is coarsely chopped.
3. Add the yogurt (from the freezer) and the remaining ingredients to the food processor or blender. Process, scraping down the sides and stirring occasionally, until the mixture is thick and creamy.
4. Transfer the yogurt to a loaf pan and freeze an additional 20-30 minutes to set up. Note: If frozen for a longer time, the yogurt will need 15-20 minutes at room temperature to soften before scooping.

View the [full recipe](#).

Yield: 6 servings

Serving size: about 1/2 cup

Nutritional information per serving:

Calories 123, Carbohydrate 18 gm, Fat 3 gm, Fiber 2 gm, Protein 6 gm, Sodium 20 mg, Sugar 16 gm



Mushrooms

Mushrooms are the only non-animal source of edible vitamin D.

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



Tell It Well



Caregiver Corner



High Five

Share Your Good News

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

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

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

High Five is a feature that recognizes you for something wellness-related such as completing a race, quitting smoking, joining a fitness group, etc.

Email your photos and information to wellness@pinellas.gov



February 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 2/19)	12:10 to 12:40 p.m. Cardio Bootcamp Sydney (no class 2/6)	12:15 to 12:45 p.m. Spin Shirley (no class 2/21 and 2/28)	12:10 to 12:40 p.m. Full Body HIIT Sydney	12:30 to 1:15 p.m. Restorative Yoga Shannon (no class 2/16 and 2/23)
	5:15 to 6:15 p.m. Solely Strength Sydney (no class 2/6)	5:30 to 6:30 p.m. Step 'n' Sculpt Lisa (no class 2/14)	5:15 to 6:15 p.m. Solely Strength Sydney (no class 2/8)	

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

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.

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](#).

