



To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



MARCH 2024

March: Celebrating Nutrition, Sleep, and Women's Health

By Jane Grannis, Wellness Program Manager



Jane Grannis

The snowbirds and spring breakers have descended, but no matter! We've got a great issue and [wellness activities](#) in store for you. It's National Nutrition Month—learn how healthy eating behaviors can be more important than your size. Follow tips on [page 9](#) and attend [virtual cooking demonstrations](#) to make healthy eating easier. World

Sleep Day may be only one day of the year, but getting quality Zzzz's every night improves quality of life and physical and emotional health. Attend the [Rest for Wellness: Improve Your Sleep webinar](#) and view a list of foods that help and hinder sleep on [page 5](#).

Potential health and wellness challenge areas for women

- Report [higher stress](#) levels than men
- [40% more likely](#) than men to experience **insomnia**
- [Twice as likely](#) to be diagnosed with **depression/anxiety**
- [Three out of 4](#) people who have **migraines** are women
- Some signs of **heart disease** and **heart attack** are [different for women](#) and can go undetected

show up in the world can take its toll. In this issue, you'll find information and resources throughout that help women take care of their bodies and well-being.

March marks [Women's History Month](#), a time to honor and celebrate women's contributions to American history. In this issue, we are celebrating today's women. Fierce, smart, strong, and nurturing, women make a difference in their communities, families and at work. They're determined in the face of adversity, undertake challenges with fierce determination, and are often caretakers for others. Juggling all the different ways women



Physical Activity for Women: More Than Weight Loss

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



Sydney Szczesniakowski

During Women's History Month, it's important to acknowledge the impact society has had on women's self-image and health. Societal pressures towards women often create internalized desires of a particular body image with no regard for true health. In fact, women in the U.S. reported having the highest levels of [thin-ideal thoughts](#) alongside peer pressure influence when compared to other countries like England, Australia, and Italy. This desire for body image often drives women toward disordered eating and an unhealthy relationship with exercising.

The difficulty with making weight a measure of success during your fitness journey is that weight fluctuates every single day, your body composition changes as you exercise, and a number on the scale does not equal how healthy you are. While

maintaining a healthy weight is a significant aspect of overall well-being, making it the sole reason why you choose to exercise is a slippery slope. Working out to lose weight and appear "more attractive" is shown to be [associated with a lower quality of life](#) (dissatisfaction with health, self-esteem, relationships) than if the reason for exercise was to improve mood and overall health.

Fitness Resources

- Contact [Brittany](#) or [Shannon](#), your onsite Cigna health coaches.
- Schedule an [orientation](#) at either the downtown Clearwater or Public Works Wellness Centers to gain access to cardio and strength training equipment. [Group fitness classes](#) are available at the downtown Clearwater location.
- See resources for [Staying Active](#).

Continued on [page 8](#)

Health for Every Body

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



Shannon Parks

Weight and body size-centered conversations can be stigmatizing and harmful, yet they seem inevitable with any visit to the doctor. Most of us are painfully prepared to be weighed upon arriving at the doctor's office, only to be shamed or scolded for our weight by the doctor. Sadly, the [stigma associated with a health care provider's assessment of body](#)

[weight](#) is associated with not taking medications as prescribed, not trusting the medical provider(s), and avoiding medical care all together. [Research demonstrates better outcomes](#) when the focus is shifted away from a person's weight to the individual's healthy behaviors, despite their body size. Evidence is building for the [Health at Every Size](#) (HAES) approach, focused more on physical activity and healthy eating versus body weight, as a promising disease-prevention strategy.

Programs such as HAES promote health and well-being for all body sizes and weights by focusing on health-promoting behaviors such as regular physical activity, reduction of sedentary behavior, and nourishing nutrition. According to the CDC, substantial evidence demonstrates that [regular physical activity can reduce the risk](#) of chronic diseases, including diabetes, cardiovascular disease, and Alzheimer's disease, regardless of body size. In contrast, individual approaches to treatment for overweight or obese body weights, largely composed of weight-loss dieting, [have not proven](#) to be as effective. The public appears to be [increasingly supportive](#) of less weight-centric approaches to public health overall. Feeling shame over body size or weight helps neither the patient nor the provider; however, turning the conversation around to focus on productive and proactive ways to improve health helps everyone achieve more sustainable outcomes.

HAES advocates for healthy nutrition intake and sustainable physical activity, while remaining weight neutral. This means that weight is not viewed as a strong indicator of health, nor is weight loss an appropriate end goal. However, if weight loss happens while promoting health and well-being overall, great! HAES promotes a deeper understanding of an individual's relationship with food, including hunger, fullness, and satisfaction. It also encourages individuals to move their bodies in a way that is enjoyable and sustainable. The [underlying message](#) promotes ethical treatment of people of all sizes.

Inside

- 3** March & April Wellness Activities
- 4** Women: Putting Your Health First Matters, Hinge Health Pelvic Health Program
- 5** Food and Sleep, High Five: Judy Kujawa
- 6** Mobile Mammogram Flyer
- 7** Tell It Well: Kristen Viola, Wellness Incentive Payout
- 8** Physical Activity for Women: More Than Weight Loss continued, Join Us for Our Weekly Wellness Breaks
- 9** Healthy Eating Gets Easier, Wellness Center Open House
- 10** Tobacco Users — Time is Running Out!, Blood Drives, Psychology of Wellness BayCare Webinar, EAP Wellness Webcast
- 11** Celebrating National Peanut Butter Lovers Day, March 1: Satay Sauce Recipe
- 12** Group Fitness Classes Schedule

The HAES movement often comes under criticism for fear that acceptance of body size can or will lead to excessive eating and weight gain. However, [clinical studies demonstrate no correlation with negative effects](#), including weight gain. Ultimately, adopting a HAES approach appears to produce longer-lasting behavior changes than traditional weight-loss methods. If you're interested in learning more about the HAES approach, or becoming aligned with a HAES provider, reach out to your [Cigna Onsite Health Coach](#) to schedule a session today.



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

Wellness Resources Spotlight

The Wellness team has put together a list of health topics to provide you with free resources and tips to living a healthy, happy life. Check out these [Women's](#)

[Health Resources](#) discussing topics from how to perform a self breast exam to Hinge Health's Pelvic Health Program.



March & April Wellness Activities

Webinars

Rest for Wellness: Improve Your Sleep



[Register now](#) for a 45-minute webinar on **March 27 at 12:15 p.m.** Shannon will be discussing all things sleep-health related. Discover the importance of sleep quality and get tips for a good night's sleep.

Fitness Myths Unveiled



[Register now](#) for a 30-minute webinar on **March 18 at 12:15 p.m.** Wellness Technician Sydney will debunk some of the most popular fitness myths that may be impacting your fitness journey and hindering your progress.

Living With a Chronic Condition



[Register now](#) for a 1-hour webinar on **March 14 at 12:00 p.m.** Sixty percent of American adults live with a chronic condition. Learn strategies that can help you or someone you care about take an active role in managing an illness.

Cook Along Kitchen Webinars



- **Savory Oats** - [Register now](#) for a 45-minute webinar on **March 26 at 12:15 p.m.** Put a savory, protein-packed twist on your oats.
- **30-Minute Meals** - [Register now](#) for a 45-minute webinar on **April 9 at 12:15 p.m.** Learn how to make nutritious meals in no time.

Refresh with Forest Bathing



[Register now](#) for a 45-minute outdoor walk at Brooker Creek Preserve in Tarpon Springs on **March 27 at 12:30 p.m.** Forest bathing is a Japanese practice that promotes health and reduces stress by spending time in nature.

Native Plant Walk



[Register now](#) for a 1-hour workshop at Florida Botanical Gardens in Largo on **March 21 at 12:30 p.m.** Gain valuable insights into cultivating low maintenance native plants to enhance your own home garden.

Financial Well-Being Webinars



- [Eating Healthy on a Budget](#), March 19, 12:15 to 1:00 p.m.
- [Estate Planning](#), March 20, 12:00 to 1:00 p.m.
- [Income Tax Planning](#), March 28, 12:30 to 2:00 p.m.
- [Social Security and Retirement](#), April 11, 8:30 to 9:30 a.m. or 3:30 to 4:30 p.m.

Onsite Screenings



- [Mammogram Bus](#) - Early detection saves lives. Appointments qualify for Wellness Incentive rewards of 12,500 points or \$50 cash. **April 4-11 in Clearwater, Largo, and St. Petersburg.**
- [OnSpot Dermatology Bus](#) - Skin screenings and other dermatological services at downtown Clearwater, Public Works, Parks, and the Justice Center. **April 16 - June 20.**

Bookmark [Wellness Classes and Activities](#).



Women: Putting Your Health First Matters

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



Brittany Hartup

[Health disparities](#) occur when social or economic disadvantages create a significant difference in overall health. They are often preventable when sufficient resources are provided to those at risk. These populations typically run into barriers related to economic/financial stability, education levels, the neighborhood and the businesses within it, and even social

relationships when trying to access health care. These are known as [social determinants of health](#) (SDOH). Health disparities can negatively influence certain racial, ethnic, and religious groups, as well as low-income areas, elderly populations, and people living with mental health conditions. Unfortunately, women of all racial, ethnic, and socioeconomic backgrounds are more likely to experience health disparities and inequalities when compared to their male counterparts.

Did you know that [until 1990](#), there was no actual requirement for researchers to include women and minorities in clinical trials sponsored by the National Institutes of Health? This means for decades researchers were using their findings from studies focused primarily on white men and applying those results to the whole population. Because of this gap in research, health care providers have lacked crucial information on how to appropriately diagnose and treat women.

[A recent study](#) found both health care providers and the general public perceived men to be in more pain than women, even when they reported the same level of pain and made similar facial expressions. The study also noted

that women were prescribed psychotherapy to help treat their pain more often than men, despite women regularly reporting higher levels and being more expressive of pain than men.

So, ladies, what can you do to put your health first?

- **Educate** by learning your risk factors for cardiovascular disease, diabetes, high cholesterol, hypertension, and more. Look for opportunities to attend a [health-focused webinar](#) hosted by your [Cigna Onsite Health Coaches](#). Stay up to date with developments in [women's health](#).
- **Advocate** for yourself by confidently speaking with your in-network health care provider about your concerns. You can help advocate for at-risk loved ones, too.
- **Effectuate**, or in other words, *take action!* Work with a [Cigna Onsite Health Coach](#) to prevent and/or improve health concerns. Health coaching is free for all County employees regardless of insurance coverage. Spouses, partners, and dependents over the age of 18 may also participate in health coaching if they are enrolled in your Cigna medical plan.

Not only will you benefit from educating, advocating, and effectuating, but so will those around you. Don't hesitate to speak with me to learn more about prioritizing your health.



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

Hinge Health Pelvic Health Program

[1 in 4 Women Suffer from a Pelvic Floor Disorder](#)

If you suffer from a pelvic disorder you probably know what it's like to:

- Be told your symptoms are "normal" because you've had children or are aging
- Always stay close to a bathroom and often barely make it in time
- Worry about laughing, sneezing
- Struggle with anxiety and depression because you can't get effective relief

"Now I don't have to go to the restroom at night as often!"

- Pelvic Program Participant

- Feel self-conscious, embarrassed, even disconnected from your own body



Hinge Health offers digital exercise therapy for women on the County medical plan. Reduce pelvic pain and discomfort — at no additional cost to you — with exercise sessions you can do at home in 15 minutes or less.

To learn more and see if you qualify, visit [Hinge Health](#).



Food and Sleep

World Sleep Day is Friday, March 15

Courtesy of Cigna



Have you ever wondered why certain foods make you feel energized while other foods make you feel tired? Understanding how foods and beverages affect your body can make a significant impact

on your ability to fall asleep.

Foods That Can Help You Sleep

Tryptophan

Tryptophan is an amino acid that can help promote sleep. It is found in:

- Dairy foods such as milk, cheese and yogurts
- Nuts and seeds
- Bananas
- Honey
- Eggs

Carbohydrates

Carbohydrate-rich foods may also help you feel sleepy. A small bowl of cereal with low-fat milk or a small piece of cheese with whole-grain crackers are great bedtime snack options.

Foods That Can Hinder Your Sleep

Caffeine

For better sleep, it's best not to have caffeine within 4 to 6 hours before bedtime. And that doesn't just mean coffee. Caffeine can also be found in:

- Chocolate
- Cola
- Energy drinks
- Tea
- Decaffeinated coffee
- Some medications

Cigna Network

Not sure if your provider is part of the Cigna network? Log in at [myCigna.com](https://mycigna.com), click *Find Care & Costs*, then search for a doctor, practice, or facility.



Alcohol

Many people use beer, wine, or other alcoholic beverages at bedtime to help them relax and fall asleep. Although alcohol may help in the short term, it can disrupt sleep patterns over the course of the night and impact the deeper stages of sleep. This may cause you to wake up still feeling tired.

If you drink alcohol, limit it to up to 1 drink per day for women and up to 2 drinks per day for men. To help lessen the effects of alcohol when drinking at night, try to drink a glass of water for each alcoholic beverage you have. And ideally avoid alcohol 4 to 6 hours before bedtime.

Spicy foods

Spicy foods can cause discomfort from indigestion or heartburn, making it difficult to fall asleep. It's best to avoid any heavy or spicy meals at least 4 hours before bedtime.

Protein

Protein-rich, high-fat foods take longer for the body to digest. Since digestion slows down during sleep, it's best to avoid them before bed.

For more information on the importance of sleep and how to get more quality Zzzz's, sign up for this month's [Rest For Wellness: Improve Your Sleep webinar](#).



High Five

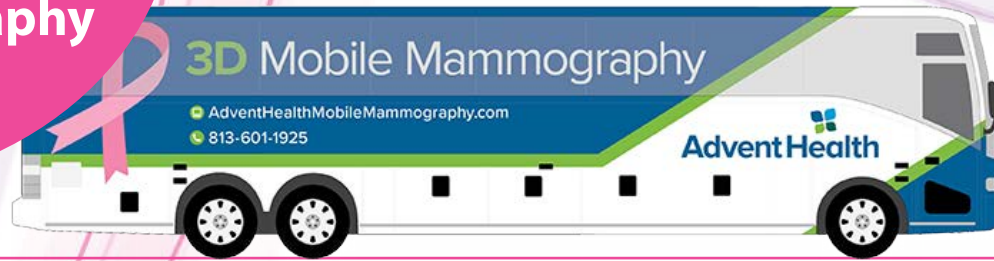
Judy Kujawa,

Solid Waste Program Supervisor

I attended one of your first herb planting classes quite a while back and have been enjoying growing them ever since. My garden right now consists of two types of parsley, cilantro, rosemary, dill and two types of chives. I'm learning what grows well with each other and what doesn't and I'm pretty good at using them in cooking. Thanks, it was fun!



**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





Tell It Well

Kristen Viola, Chemist 2, Utilities



At the end of last year, I visited my doctor for an annual checkup. She mentioned that my weight has been increasing, and that I should be mindful of it. The weight crept up on me, so I was surprised by the talk. Around the same time, I had a body composition analysis on the Tanita scale with a [Cigna Onsite Health Coach](#). I received a printout of my body weight, body fat percentage, BMI, and a few other variables and decided to

meet with Cigna Onsite Health Coach Shannon to get some advice. Her advice helped me to lose my first few pounds. Shortly after, a local personal trainer reached out to me, and I thought that him reaching out was a sign that I should work with him.

Before losing weight, I had been very active. I play and practice pickleball after work and on weekends for many hours at a time. At that time, I thought that I ate relatively healthy; I rarely ever ate sweets. I started tracking the calories I was eating in a phone app. I was shocked to see how many calories I was eating on a normal basis because I considered the foods I was eating to be healthy. I did not limit my portions at all because I thought it didn't matter how much food you ate if it was "healthy".

What I did not understand at that time was that no matter how much you exercise, it is impossible to lose

weight if you are eating more calories than you burn. To lose weight, you must be in a calorie deficit.

My trainer set a daily calorie goal and macronutrient targets for me, and I also implemented these things: more steps daily, weigh myself daily, more water daily, tracking all meals, and weightlifting workouts 3 times a week.

Being in a calorie deficit can be tough mentally and physically because your body naturally craves consistency and wants you to maintain your current weight. I had to get comfortable with being uncomfortable sometimes, but I learned eating low calorie protein rich foods can help with feeling full.

In 3 months, I lost about 20 pounds. In January, I won a gold medal at a local 4.5 level mixed doubles pickleball tournament, which was the highest level offered at the tournament. To give you an idea, 5.0 is the highest level you can reach as a non-professional player, so to me this win was so exciting. It was also my first match live streamed on the internet. I have played pickleball since 2019, but I had never won first place before. I really do contribute the win to losing weight because I feel that now I can move more quickly and have more endurance than I used to.



Wellness Incentive Payout

If you completed activities between July 1 and December 31, 2023 that qualify for [Wellness Incentives](#), your points will be deposited into your reward bank on **March 29**. If you elected cash, the reward will appear on your paycheck the same day. If you're expecting rewards, please check your paystub or the [rewards website](#) (internal link for employees). Reach out to wellness@pinellas.gov with questions.

Don't forget! New in 2024: Rewards now automatically default to cash. If you would like to receive points instead, follow the [Reward Points Election Help Guide](#) to elect for points on myCigna.com.



There are so many other benefits of exercise, [especially for women](#), that are not weight-centric:

- Regulation of hormones during menstruation through endorphin, the “feel good” hormone, release.
- Strength training promotes bone health, reducing risk of fractures that can lead to disability – women are more vulnerable than men to develop [osteoporosis](#) as they age.
- Women who exercise regularly have a [significantly lower risk](#) of an early death or fatal cardiovascular event than men who exercise regularly.

- Exercising can help [reduce the symptoms of depression](#) – women are more likely to be depressed than men.
- Regular physical activity has been shown to [improve feelings](#) of self-worth and confidence.

Allow these amazing health benefits to empower you to rethink your fitness journey goals and how exercise can truly impact overall well-being and health. Reshaping your relationship with exercise or embarking on a new journey can be difficult, but there are resources to help you.

Join Us for Our Weekly Wellness Breaks

If you’ve not taken a break with us, you’re missing out! Weekly breaks are quick and easy ways to refresh during the workday. All it takes is 15 minutes to start your day right or energize in the afternoon. You can register and add the links to your calendar or hop on using the links any time.



[Meditation Mondays](#) – Build a healthy habit and start the week off with the right mindset. Guided live meditation Mondays at 9:00 a.m. and/or 3:00 p.m.

“Meditation Monday has really transformed my workweek. Most of my weekends are very chaotic, so coming into work and taking a moment to meditate has really helped.”

- Meditation Monday Participant



[Brain Break Wednesdays](#) – Midweek stress weighing you down? Need a break before tackling the rest of your day? Enjoy word games, trivia, stretching and more every Wednesday at 2:30 p.m.

“Decompress to Stress Less gives me a chance to put my work out of my mind for 15 minutes and have a little fun. Plus, I get to interact with other coworkers that I normally wouldn’t. After the session, my head is clearer and I can continue my regular work rejuvenated and with better focus. Thanks for bringing these great programs! They really are appreciated.”

- Julie Stevenson, Human Services

[Friday Stretch Break](#) – Sitting for long periods of time can play havoc with your posture and health. Join the Wellness team every Friday at 10:00 a.m. to refresh with a quick 15-minute stretch wherever you are.



“I really enjoy Friday Stretch Break and attend as often as I can. I find myself doing several of the movements throughout the week whenever I’m feeling tense or have been focusing on the computer for long periods of time.”

- Kelly Faircloth, Human Resources

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.



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



Healthy Eating Gets Easier

Courtesy of Cigna and [Healthwise](#)

You may already know a lot of the healthy-eating basics.

- Look for colorful vegetables.
- Choose lean proteins such as grilled chicken, fish, pork or tofu.
- Use healthy fats such as olive and canola oil for cooking.
- Flavor foods with herbs and lemon instead of salt.

But when it's time to pull together those healthy meals, do you find yourself short on time?

A little planning can go a long way to preparing and serving quick, healthy dishes.

Save time on healthy meal prep with these tips.

1. Keep a well-stocked kitchen.

Healthy dinners are easier when you have the right foods on hand.

Stock up on these freezer and pantry staples.

- Frozen chicken breasts and fish fillets (no breading)
- Frozen vegetables and fruits (avoid added salt and sugar)
- Low-sodium vegetable or chicken broth
- Tomato and pasta sauce
- Whole-grain pasta and brown rice
- Garlic and other healthy seasonings

2. Rely more on your store.

Take advantage of your supermarket's precut, washed, ready-to-eat foods.

- Fresh baby carrots, salad mixes, and chopped broccoli and cauliflower are great for quick salads, soups, casseroles and stir-fry dishes.
- Pre-sliced fruit such as melons or pineapple can be added to low-fat yogurt or used to make a fruit salad for an on-the-go snack.
- Precooked chicken from the deli section can be chopped or shredded for some extra protein at any meal.



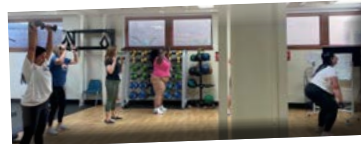
3. Embrace “almost homemade”.

Start with prepared foods, then add your own fresh ingredients for balanced meals. Here are some examples to start with:

- Pizza: Combine fresh vegetables and low-fat mozzarella cheese with a premade crust and a jar of tomato sauce.
- Vegetable soup: Start with low-sodium canned chicken broth, then add frozen vegetables and uncooked brown rice or whole-grain noodles.
- Stir-fry: Use precut vegetables, lean meat and seasoning for a quick and flavorful meal.

Wellness Center Open House

Thank you to everyone who attended the Wellness Center Open House. Employees, retirees, and volunteers received an awesome tour of the fitness facility and its equipment while experiencing all things wellness that Pinellas County has to offer.



Wellness Technician Sydney Szczesniakowski led a Full Body HIIT class demonstration.

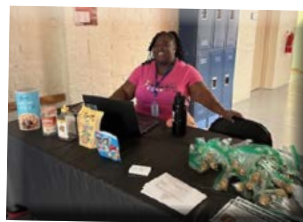
Cigna Onsite Health Coaches, Shannon Parks and Brittany Hartup, provided body composition and blood pressure readings.



A Hinge Health coach was onsite providing demonstrations of their digital physical therapy program.



Attendees were able to meet with and talk to onsite EAP Counselor Lorelei Keif (left) and Cigna Onsite Claims/ Customer Service Representative Shevella Carridice (right).



Tobacco Users — Time is Running Out!



To avoid a tobacco premium of \$500, employees on the Pinellas County health plan who use tobacco have until **March 31, 2024** to complete a qualified tobacco cessation program. The premium does not apply to spouses. If you would like to complete a program prior to the deadline, sign up for one of the [available program options](#), including Cigna Health Coaching and the online 28-day Quit Smoking program. If a class is completed after the deadline, the deduction will be canceled moving forward (no retroactive refunds).

Psychology of Wellness

BayCare Presents Health and Wellness From the Experts Webinars

Tuesday, March 19, 12:00 to 12:45 p.m.

Presented by: Dr. Lisa Moser

Wellness goes beyond diet and exercise. A holistic and sustainable wellness plan focuses on practicing healthy habits for our physical and mental health, so we are not just surviving, we're thriving. The first step on a personal wellness journey is setting goals you want to achieve. While your goals are specific and personal to your needs, we can't help but wonder why others have better or faster results than us. Why do some people achieve their goals while others struggle? In this session we'll examine the different aspects of wellness and how self-determination can be a powerful tool to make and sustain positive wellness changes.

Please [register](#) in advance. View [past presentations](#).



Tax Discounts

Get a 25% discount on preparation of personal income tax documents with EAP.

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

- **Public Works**
22211 U.S. Highway 19 North, Clearwater
April 4, 12:00 p.m. to 5:00 p.m.
- **Solid Waste**
3095 114th Ave N, St. Petersburg
April 3, 10:00 a.m. to 1:00 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
March 28, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S Fort Harrison Ave, Clearwater
April 3, 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.**

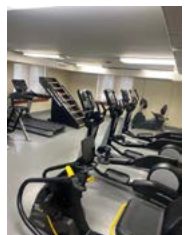
[Sign up now](#) and stay tuned for more throughout the year.

- **March 20 – Taking Charge of Your Health Care**
– From choosing a doctor to evaluation fees to understanding preventive care, staying well can be confusing! This seminar can help you get up to speed.
- **April 3 – Dreaming of a Good Night's Sleep**
– Having trouble getting the sleep you need to feel refreshed? Take a look at factors that can disrupt sleep as we share tips to help you reclaim your ZZZs.

Wellness Center Orientations

Looking for access to our free 5,900 square foot state-of-the-art [Wellness Center](#)?

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



Celebrating National Peanut Butter Lovers Day, March 1: Satay Sauce Recipe



Who doesn't love peanut butter, right? Surprisingly, peanut butter as we know it has only been around a little over one hundred years. In 1884, a patent was granted to a Canadian inventor, Marcellus Gilmore Edson who

made a ground paste using peanuts. Initially, peanut butter was used as a way to feed medical patients a nutritious, easily edible food. Fast forward one hundred years and [National Peanut Butter Lover's Day](#) is first celebrated in 1990 to commemorate the first commercially available peanut butter in the United States.

Peanut butter is such a versatile food. A great way to use it is in a satay sauce. This recipe can be used for grilled chicken or beef, vegetables, or noodles. Peanuts are moderately high in protein, very high in healthy fats, and full of fiber, but that's not the extent of these nutritious legumes. They pack tons of vitamins and minerals, including biotin, copper, niacin, folate, manganese, vitamin E, thiamine, phosphorus, and magnesium, as well as antioxidants.

Ingredients

- 3 heaping tablespoons of smooth peanut butter, no salt added
- 1 tablespoon soy sauce
- 1/2 teaspoon red pepper flakes
- 1 tablespoon fish sauce
- 7 ounces coconut milk
- 1 tablespoon brown sugar
- 1/2 teaspoon ground coriander
- 2 tablespoons lime juice

Food Trucks on Wednesdays

Connect with your co-workers during Food Truck Wednesdays at three

County locations: [Clearwater Campus](#), [Justice Center](#), and [STAR Center/Raytheon](#).

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.



Directions

1. Place all ingredients except the lime juice in a small pan, heating over medium heat while stirring with a wooden spoon.
2. As the sauce comes to a boil, it will thicken; however, don't let the sauce come to a rolling boil — turn the heat down as it approaches boiling and stir in the lime juice.

Note, the sauce can be served warm or chilled, and can be reheated if desired. This recipe can be stored in an airtight container in the refrigerator for 3 days.

View the [full recipe](#).

Yield: 8 servings

Serving size: 1/8 recipe

Nutritional information per serving:

Calories 171, Carbohydrate 6 gm, Fat 15 gm, Fiber 1 gm, Protein 6 gm, Sodium 296 mg, Sugar 3 gm



Bacteria

The ratio of bacteria to human cells in a human body is 10 to 1 — our bodies are more bacteria than they are human!

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



March 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	12:10 to 12:40 p.m. Cardio Bootcamp Sydney	12:15 to 12:45 p.m. Spin Shirley (no class 3/13, 3/20, 3/27)	12:10 to 12:40 p.m. Full Body HIIT Sydney	12:30 to 1:15 p.m. Restorative Yoga Shannon (no class 3/8)
	5:15 to 6:15 p.m. Solely Strength Sydney	5:30 to 6:30 p.m. Step 'n' Sculpt Lisa	5:15 to 6:15 p.m. Solely Strength Sydney	

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](#).

