



To Your Health



MAY 2024

Let's Stamp Out the Stigma of Mental Illness

By Jane Grannis, Wellness Program Manager

Summarized from StampOutStigma.com



Jane Grannis

Like any other illness, mental illness can be treated and quality of life improved; however, due to stigma, it's often misunderstood and rarely talked about, which prevents people from getting the help they need.

The mental health epidemic is at an all-time high. During our lifetime, a mental health issue will directly impact up to 25 percent of us.

Mental Health Statistics

- An estimated 26% of adults and 21% of children ages 9 to 17 have a diagnosable mental illness in a given year.
- One in two of us will have a mental health issue during our lifetime.
- Less than one-third of us will get help.
- Unaddressed mental health conditions are a risk factor for suicide.
- Up to 90% of those who get help are able to significantly reduce symptoms and improve their quality of life.

By talking about mental illness, we can be part of the effort to remove the stigma. By talking about it, we can be part of the change that ensures someone gets the help they need. By talking about it, we can share resources for help and support, and we're more likely to seek help for ourselves.

Be the change. The [Stamp Out Stigma Campaign](#) works to defeat mental illness stigma.

- **Recognize** when you or your loved ones need help. Recognize the signs. Recognize when someone isn't getting the help they need. Recognize when stigma is creating a barrier to care. Recognize the high prevalence of mental illness.
- **Reeducate** others to help them learn there is help and hope. Reeducate yourself and others on mental and emotional health, how to find the path to recovery and that it is possible for all. Reeducate yourself

on resources: What are your current benefits? Who can you talk to? What can you do?

- **Reduce** stigma. Reduce hesitation to seeking care. Reduce misunderstandings. Reduce bullying and insensitivity.

As you read this, whether the message resonates because you're struggling personally or know a loved one, friend or coworker, there is help.

Let's do this together. Pledge to be the change by taking the [Stamp Out Stigma Pledge](#). Sign up to walk with us at [NAMIWalks](#) on May 18, take your family to [Gizmo's Pawesome Guide to Mental Health](#) on May 18, and read on for more information and resources.



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When Chronic Conditions and Depression Collide

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



Brittany Hartup

[Chronic diseases](#) are long-term conditions such as arthritis, cancer, diabetes, pain, heart disease, autoimmune conditions, and many more. They are described as lasting typically one year or longer, and may require ongoing medical attention, significant changes in quality of life, or both. When compared to people within the same age range and gender,

people living with chronic illnesses are [2 to 3 times more likely](#) to develop depression than their counterparts. Consequently, depression then makes it [more difficult](#) to manage chronic conditions. But, how do we keep ourselves from getting stuck in such cycles?

There is not always a way to cure or resolve a chronic condition. The path to successfully managing a chronic disease often includes countless healthcare provider appointments with primary care physicians, specialists, and therapists. Needing time away from work and family to attend these or take sick days along with the cost of any copays or lost wages can cause incredible stress and depression levels. Additionally, complex, confusing, and costly medication regimens increase the likelihood one might stop taking their prescriptions, which may cause conditions to worsen.

Some chronic conditions cause pain and fatigue, which limit a person's ability to socialize and fully engage in their life. Social interactions are everywhere, from the grocery store to our jobs to family gatherings. Self-isolation may result from both physical condition limitations and depression, likely making symptoms of both worse.

Depression may further present itself in people whose chronic conditions limit their ability to exercise and eat nutritious food. Eating certain foods that most would consider healthy may trigger a flare up of irritable bowel syndrome. Or perhaps it is difficult to get to the grocery store because of excessive fatigue or pain. A chronic condition like rheumatoid disease can make it very

painful to perform tasks involved in cooking a healthy meal such as holding a knife to chop, slice, and dice. Grocery pickup or delivery and delivered meals could be an affordable, viable option.

Information about the prevention and management of depression and chronic conditions often includes the very things many find difficult to achieve such as regular exercise, a balanced diet, restorative sleep, etc. So, what can you do to help prevent or reduce your chances of developing depression while living with a chronic illness?

1. Start health coaching by [making an appointment with me](#). Learning about your condition(s) helps you keep your sense of independence and ensure quality care.
2. Discuss your concerns [with your doctor\(s\)](#). It is important to develop a trusting relationship with your healthcare providers so you feel comfortable asking questions.
3. Stay compliant with your medications; there may be resources to help with affordability if this is a barrier.
4. Stay connected with others in whatever way suits your needs — virtually or in-person.
5. Consider joining a support group to meet others with similar experiences.
6. Utilize [Employee Assistance Program](#) (EAP) services or choose an [in-network](#) mental health counselor.



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

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 [Mental Health Resources](#).





Mental Health Resources

Telemedicine

Talkspace

Talkspace connects you to dedicated licensed therapists who engage daily through a secure HIPPA-compliant app. You can also schedule live video sessions, and send a therapist text, audio and picture messages based on your personal preference.



Talkspace can help with:

- Online therapy
- Couples therapy
- Teen therapy
- Psychiatry

Services are subject to the same co-pay or co-insurance (after deductible) that would apply to an in-person visit.

Visit talkspace.com/cigna for more information.

Podcasts and Apps

Cigna's *Changing Lives by Integrating Mind and Body (CLIMB) Podcasts*

Cigna's [CLIMB podcasts](#) help you improve your stress management skills with short podcasts that teach you simple methods to calm the mind and body and strengthen awareness.

Happify

Cigna has partnered with Happify, a free app with science-based games and activities that help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Boost health and performance
- Increase mindfulness and emotional well-being

Visit cigna.happify.com to sign up and download the app.



Onsite Employee Assistance Program (EAP) Counselor

Lorelei Keif is Pinellas County's Onsite [Employee Assistance Program \(EAP\)](#) Counselor.

She provides counseling and behavioral/mental health support for all employees and anyone in their household. Lorelei can:

- Answer questions about EAP options
- Provide referrals
- Share coping tips
- Tackle complex issues

To learn more about her services and availability, visit [Meet Our EAP Counselor](#).

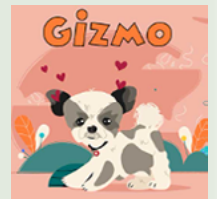


Lorelei Keif

Gizmo's Pawsome Guide to Mental Health

**May 18, Public Reading 11 a.m.,
Self-Guided Activity 10 a.m. to 3 p.m.**

Celebrate Mental Health Awareness Month at Heritage Village. Bring your family and furry friends to enjoy a special event emphasizing emotional well-being.



- Join the conversation about mental health and celebrate the bond between humans and their four-legged friends.
- Listen to a heartwarming reading of Gizmo's Pawsome Guide to Mental Health at 11 a.m.
- Explore the park's pathways for a self-guided book walk from 10 a.m. to 3 p.m.
- Leash up and join us for a day of learning, laughter, and lasting memories!





Join Pinellas County Wellness at



Saturday, May 18, 2024
9 am - 12 pm

England Brothers Park
5010 81st Avenue North, Pinellas Park

Sponsored by the National Alliance on Mental Health (NAMI)

Join our walking team to show support for our community and loved ones on their mental health journey. Enjoy the walk plus entertainment, activities, vendors, and food trucks.

- Sign up for the Pinellas County Wellness Team or walk on your own.
- The walk is between 1 and 3 miles — your choice. The physical activity is an added bonus to coming together!
- NAMIWalks raises funds to support their programs; however, donations are NOT REQUIRED to participate in this event.
- Friends, family, and dogs are welcome.

Register using the link or the QR code:

www.NAMIwalks.org/team/65983



NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Be fearless.

Be devoted.

**Be a part of
this team.**

Be NAMIWalks.



Pinellas County Wellness Program
wellness@pinellas.gov
(727) 464-3367, option 1



May and June Wellness Activities

Move in May



- **Exercise Essentials** - [Register now](#) for a 1-hour webinar on **May 16 at 12:00 p.m.**
- **Micro Moves for Better Health** - [Register now](#) for a 1-hour webinar on **May 23 at 12:30 p.m.**

Pets & Plants



[Register now](#) for a 45-minute webinar on **May 15 at 12:15 p.m.** to discover what types of indoor and outdoor plants are toxic to your furry friends. Gain valuable insights to identify these hazards to create a safer surrounding.

Pollinator Gardens



[Register now](#) for a 45-minute webinar on **June 12 at 12:45 p.m.** to learn the importance of pollinator gardens in the ecosystem and food supply, and how to create your own garden designed to attract pollinators.

Cook Along: Plant-Based Meal



[Register now](#) for a 45-minute webinar on **May 14 at 12:15 p.m.** to join Onsite Nutrition Health Coach Shannon as she prepares a quick and easy plant-based meal sure to please your palate.

Women & Money



[Register now](#) for a 45-minute webinar on **May 21 at 12:15 p.m.** to explore special opportunities and challenges women have managing their money and learn practical strategies and routines.

Financial Well-Being



- **Nearing Retirement in the FRS** - [Register now](#) for a 90-minute webinar on **May 22 at 12:00 p.m.**
- **Investment Fundamentals** - [Register now](#) for a 1-hour webinar on **June 12 at 12:00 p.m.**

Mental Health Awareness Month

Refresh with Forest Bathing



[Register now](#) for a 45-minute mindful outdoor walk at Heritage Village in Largo on **June 7 at 12:15 p.m.** to surround yourself with a lovely environment and forest bathe your stress away.

Mental Health Walk



[NAMI Walks](#) - Join the Wellness Team on **May 18 from 9:00 a.m. to noon** at England Brothers Park in Pinellas Park to show support for our community and loved ones on their mental health journey.

Emotional Well-Being Reading Event



[Gizmo's Pawsome Guide to Mental Health](#) - Bring your kids (and dogs!) to Heritage Village in Largo on **May 18 from 10:00 a.m. to 3:00 p.m.** to enjoy a special reading event emphasizing emotional well-being.

Bookmark [Wellness Classes and Activities](#).



Better Together: May is National Family Wellness Month

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



Sydney Szczesniakowski

Embracing lifestyle changes by yourself can feel isolating, but what if you included your family in your health goals? Studies suggest that when you share your goals with people that you respect and admire, such as family, [you are more likely to succeed](#) due to increased motivation and a sense of accountability. And there is no

better time to communicate with your family about healthy lifestyle goals and habits than during National Family Wellness Month. With all the hustle and bustle of everyday life, take this month to help yourself and your family focus on your lifestyle. Some families may choose to evaluate their current habits and set goals to better their overall wellness. Others may set specific goals such as scheduling annual preventive screenings or deciding on a way to spend quality time together.

If you want to celebrate your family's health and wellness, here are a few ideas to get you started:

- **Make Movement a Routine** – Regular physical activity has a profound impact not only on your physical health, but also your emotional health. Take a scenic walk together or put on a family workout video from YouTube. Have fun with it!

Complete the Biometric Screening & Health Assessment by Nov. 30

Preventive care can stop health issues before they start. A biometric screening and health assessment can: identify risks, improve health, save you \$500, and so much more!

Pinellas County offers a **savings of \$500** on your 2025 medical plan premium for completion of **both** a biometric screening and a health assessment each year. Complete both items **by the Nov. 30, 2024 deadline**.

For instructions on how to complete both activities, visit [Biometric Screening & Health Assessment](#).



Biometric Screening



Health Assessment

- **Quality Time** – Whether it be a family game night, trip to the beach, or making dinner together, [social connectedness](#) is associated with happier and healthier lives for everyone involved.
- **Take a Family Health Day** – Schedule your family's annual screenings all in one day and make an event out of it. Going to the doctor can be scary for children and adults alike, but staying on top of your [preventive care](#) is crucial for catching health issues early.
- **Taste the Rainbow** – Invite your family to eat one red, orange, yellow, green and blue/purple food this month. Take a family grocery trip to pick out the ingredients together so everyone can be more invested in the challenge.

If you or your family needs assistance, the [Employee Assistance Program](#) (EAP) is available to all permanent employees, dependents, and members of their household. For guidance through any health and wellness lifestyle changes, Onsite Cigna Health Coaches, [Brittany Hartup](#) and [Shannon Parks](#), are here to help.



Caregiver Corner

Connecting Caregivers Presents: Candid Conversations

Linda Burhans, "The Gal Who Cares for Caregivers", hosts weekly [radio shows](#) on local Tampa Bay area AM and FM radio, Facebook and YouTube Live, as well as her own podcast series.

Her mission is to acknowledge, appreciate and empower all caregivers as they care for those who cannot care for themselves. Her shows ease their burdens and help them find the joy in the journey through education, comfort and support.

Memory Disorders Caregiver Group

By St. Anthony's Hospital

Thursday, July 11 at 6:00 - 7:30 p.m.

St. Anthony's Hospital, Professional Office Building, 1201 5th Ave. N., Suite 309, St. Petersburg

Cost: Free

[Register in advance.](#)



Top 5 Reasons to Go to the Doctor (Even if You're Not Sick!)

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



Shannon Parks

For some, going to the doctor is a hassle; they worry about the time away from work or having to squeeze in an appointment in their limited free time. For others, the fear of the unknown sets in and they worry about what the doctor may find if they go. Either way, going to the doctor, even when you're not sick, may save you time and money and get you an earlier

diagnosis, versus waiting until you're sick.

According to a 2015 poll, [nearly 33% of Americans](#) skipped out on routine medical care. However, skipping routine visits, or even opting out of making an appointment when you do feel sick, can lead to negative impacts long term. If you wait until you're already sick to seek medical attention, you may end up spending more money and time than if you'd maintained routine check-ups and medical care. Think about it this way: if you don't get your oil changed in your car on a routine basis, the car may not last you very long. Let's look at the top 5 reasons to go to the doctor, even if you're not sick.

- 1. Identifying potential health risks:** Getting a routine annual physical and biometric lab work helps keep your in-network medical team in the loop. This helps to ensure that there aren't any hazardous health risks looming and left unchecked.
- 2. It's what's best for your wallet:** Preventative care is covered at 100% (a.k.a. your annual wellness exams), whereas the U.S. average urgent care visit costs \$150-

\$200, with ER visits ranging from \$600-\$3,000. For anything beyond preventative annual care, typical co-pays are a reasonable out-of-pocket expense, though can depend on the insurance plan you've selected.

- 3. Peace of mind:** Ever relied on Dr. Google? The internet is overloaded with diagnoses based on your symptoms; however, what you self-diagnose could be terribly wrong. Visiting your trusted in-network primary care doctor can help assure you're getting an accurate diagnosis and treatment for whatever might ail you.
- 4. You have that one small problem:** Small problems can sometimes be a sign of a serious condition. It's important not to wait to talk to your doctor about that mole that's grown in size or the headaches you might have been having lately.
- 5. You haven't seen your doctor in a long time:** If it's been a year or more since you've seen your doctor, you're long overdue for routine check-up items such as blood pressure, weight, and being sure you're current on vaccinations. These are seemingly small things that can have a big impact on your health.

If you're out of date in your routine medical care or need to find a new in-network provider, you can use Cigna's handy online [Provider Directory](#), or [reach out to your Onsite Nutrition Health Coach](#) to find a provider.



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

Medication and Food Interactions

Some foods and medications don't mix, and that includes over-the-counter medications, vitamins, antacids and iron pills. Before you add any medication or supplement, speak with a pharmacist or your doctor to ensure foods you eat won't cause issues. Some interactions can diminish intended effects, while others can increase side effects, cause other serious health risks, and even become fatal.

These are some foods that could interact with medications.

- Cheese, milk, yogurt, antacids with calcium and calcium supplements
- Grapefruit and grapefruit juice

- Spinach, kale, cabbage, Brussels sprouts and broccoli
- Bananas, oranges, salt substitutes and green leafy vegetables
- Alcohol (tap beer, sherry and red wine), avocados, salami, chocolate and bananas
- Walnuts and soybean flour
- Real black licorice (or supplements with licorice extract)

For drug interaction details, read the full article, [Common Food and Medication Interactions](#).



WELLNESS CHAMPION SPOTLIGHT

Susan Leverette

Office of Resilience & Asset Management

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?

4 years.

Tell us a little about yourself.

I am originally from northern California; I went to university at Cal State Chico and studied anthropology/archaeology. I love to

travel and have lived in several countries: Saudi Arabia, Portugal, and Switzerland. Meeting people and learning their cultures and traditions is fascinating to me. I have lived in various places in Florida for 20+ years and love the climate, recreational opportunities, and diversity within the state. I have a large, blended family of 6 kids and 4 grandkids. In my spare time, I enjoy crafting, family time, and swimming.

Why did you want to serve as a Wellness Champion?

It is so important to stay healthy. I have always prioritized exercise and wellness in my life. I try to be encouraging regarding health and fitness to family, friends, and colleagues. I always love to learn and share new ways to improve our well-being whether it be through diet (recipes), exercise regimes, or online (mobile training classes).

What do you do to take care of yourself?

I am a passionate open water swimmer but also spend plenty of time in the pool. Daily walks and biking are a nice variety to change the pace. I love yoga and try to practice regularly as it helps with flexibility and strength. I love to try new foods and recipes but try to reduce carbs and increase vegetables in my diet.

Substitution for Discontinued Apps and Activities

Due to the discontinuation of the Apps and Activities wellness incentive, we are offering two challenges coordinated by the Wellness

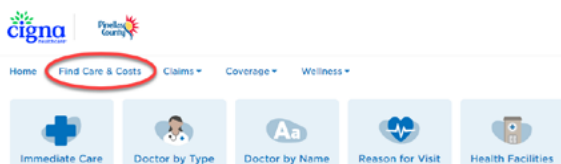


Program as an alternate way to earn wellness rewards. Participation requirements must be met to qualify for the incentive. Keep an eye out for more details.

- Two 4-week challenges at \$25/6,250 points each, from July 8 – Aug. 2 and Sept. 30 – Oct. 25

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 to see if they are listed.



Take Advantage of Onsite Wellness Screenings in June

Jet Dental

Skip the traffic and get a full preventive dental exam at a worksite near you.

- **Public Works**, 22211 U.S. Hwy. 19 N., Clearwater, **June 13**
 - **Planning**, 310 Court Street, Clearwater, **June 25**
- View [Jet Dental](#) for more information and to make an appointment.

OnSpot Dermatology Bus

Get a full skin cancer screening and other dermatology services at a worksite near you.

- **Clearwater Courthouse**, 315 Court St., **June 5 and 6**
- **Justice Center**, 14250 49th St. N., Clearwater, **June 20**
- **Parks/Extension**, 12520 Ulmerton Rd., Largo, **June 11**

View [OnSpot Dermatology Bus](#) for more information and to make an appointment.



Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark
601 N. Old Coachman Road, Clearwater

Saturday, June 15, 2024

6:30 p.m. Game

5:30 p.m. Gates Open



vs.



***Enjoy a night out at the ballpark with family, friends,
or co-workers at a discounted rate!***

**\$16 per person with
advance purchase
(\$18 per person, day of game)**

Ages 4 & under are FREE.

Your tickets include:

- Seating in the Hot Corner Cafe
- Food and drinks from 5:30 - 8:00 p.m.
(hot dogs, hamburgers, cheeseburgers,
peanuts, popcorn, chips, ice cream
sandwiches, soft drinks and bottled water)
- \$3.00 draft beer

For tickets and info:

**Dan Madden
(727) 712-4403**

Pinellas County has arranged a discounted rate for employees. No strings — just grab your tickets and have fun!

If purchasing tickets on the day of the game, go to window #2 at the west box office off of Old Coachman Road. Your Pinellas County ID is not required.

Enjoy post-game fireworks!



BayCare Presents Health and Wellness From the Experts Webinars

Breast Cancer Does Not Discriminate: Knowledge is Power

Tuesday, May 21, 12:00 to 12:45 p.m.
Presented by: Bailey Dimke, APRN

We know that women of any race or ethnic background can get breast cancer and sometimes, even men. Learn about breast cancer risk factors, warning signs, and other breast conditions.

Please [register](#) in advance.



Medicare 101: Learn About Medicare and All Your Options

Tuesday, June 4, 12:00 to 12:45 p.m.
Presented by: Leah Rollins

Medicare can be confusing. If you or a spouse is nearing 65 or planning to retire, you may have questions about what's right for you. Learn about the basics of Medicare and all the coverage options available to you, whether you're still working or planning to retire.

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

Tobacco Cessation Resources

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



Free Legal Consultation

Get a 30-minute attorney consultation at no charge by phone or in person with the Employee Assistance Program.

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](#).

- **Airport**
14700 Terminal Blvd. Street, Clearwater
June 20, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street
June 19, 11:00 a.m. to 4:00 p.m.
- **Public Works**
22211 U.S. Highway 19 N., Clearwater
June 13, 12:00 p.m. to 5:00 p.m.
- **South County Tax Collector**
2500 34th Street N., St. Petersburg
May 22, 11:00 a.m. to 1:30 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
May 30, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S Fort Harrison Ave, Clearwater
June 12, 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.**

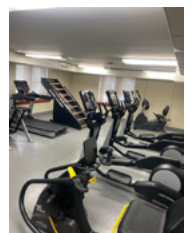
[Sign up now](#) and stay tuned for more throughout the year.

- **May 22 – Minding Your Mental Health** – Learn how self-care contributes to emotional vitality and the role professional support can play.
- **June 5 – Thriving in Challenging Economic Times** – Feeling the sting of a tough economy? Discover how to reduce the strain, make budget adjustments, and tap helpful resources.

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 Vesak Day (“Buddha Day”): Vegetarian Chow Mein Recipe



Marked by the day of the full moon in the month of May, Vesak Day is the most sacred day of the year for Buddhists around the world, commemorating the day that Buddha was born.

The Buddhist culture also honors Vesak Day as the date Buddha gained enlightenment and also the date of his death in his eightieth year. This year, the holiday falls on Thursday, May 23. Many Buddhists gather in temples before dawn on Vesak Day to hold a ceremony hoisting the Buddhist flag, singing hymns of praise, and providing simple offerings to lay at the feet of their teacher.

Traditionally, vegan and vegetarian dishes are enjoyed on the holiday, such as the vegetarian chow mein recipe below. This recipe uses shiitake mushrooms, which are rich in vitamin D when exposed to sunlight for about 15 minutes or more before cooking. This variety of mushroom also contains 39% of your daily copper intake needs, 33% of your daily vitamin B5 needs, protein, and fiber. Their absorbent nature means they soak up the sauce in this dish and carry the flavor all the way through.

Ingredients

- 220 grams of chow mein noodles
- 1 cup dried shiitake mushrooms, sliced (rehydrate by soaking in water 20-30 minutes before slicing)
- 1 cup cabbage, chopped
- 3 cloves of garlic, minced
- 3 tablespoons avocado oil
- 2 tablespoons low sodium soy sauce
- 1/2 tablespoon low sodium dark soy sauce
- 1/2 tablespoon stevia
- 2 ounces of water

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.

- White pepper, to taste
- Veggie toppings of choice (carrots, onions, bell peppers, etc.)

Directions

1. Heat a pan or wok over high heat, add cooking oil and heat until oil shimmers. Add minced garlic and stir frequently about 30 seconds or until aromatic.
2. Add mushrooms, cabbage, and any other optional vegetables to the pan and stir fry for 1 minute.
3. Add cooked chow mein noodles followed by soy sauce, dark soy sauce, stevia, water, and white pepper. Stir fry about 5 minutes.
4. Remove from the pan and mix well. Enjoy!

View the [full recipe](#).

Yield: 2 servings

Serving size: 1/2 recipe

Nutritional information per serving:

Calories 339, Carbohydrate 36 gm, Fat 22 gm, Fiber 6 gm, Protein 6 gm, Sodium 743 mg, Sugar 3 gm



Calcium

The amount of calcium you consume under the age of 30 has a direct impact on how your bones age over the age of 70.

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 by emailing wellness@pinellas.gov.

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.



May 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				May 2, 9, 16, 30 6:30 to 7:10 Yoga Flow Shannon	
LUNCH	May 13, 20 12:15 to 12:45 Core & Balance Shannon	May 7, 14, 21, 28 12:10 to 12:40 Cardio Bootcamp Sydney	POP-UP CLASS May 8 12:10 to 12:40 Full Body HIIT Sydney	May 2, 16, 23, 30 12:10 to 12:40 Full Body HIIT Sydney	May 3, 10, 17, 31 12:30 to 1:15 Restorative Yoga Shannon
LUNCH	POP-UP NEW CLASS May 6, 20 12:10 to 12:40 Lower Body Circuit Sydney	POP-UP CLASS May 14 1:15 to 1:45 Cardio Bootcamp Sydney		POP-UP CLASS May 16 1:15 to 1:45 Full Body HIIT Sydney	POP-UP NEW CLASS May 10, 24 12:10 to 12:40 Upper Body Circuit Sydney
PM		May 7, 14, 21, 28 5:15 to 6:15 Solely Strength Sydney	Parks Magnolia Room, Largo May 1, 8, 15, 22 5:30 to 6:30 Urban Line Dancing Jolanda	May 2, 9, 16, 23, 30 5:15 to 6:15 Solely Strength Sydney	
PM			May 1 5:30 to 6:30 Step 'n' Sculpt Lisa		

All classes are modifiable for all fitness levels.

Cardio Bootcamp (30 minutes): Challenge your endurance with a variety of equipment.

Core & Balance (30 minutes): A core dedicated workout to strengthen mid-body muscles.

Full Body HIIT (30 minutes): A dynamic full-body workout with brief rest periods to maximize results.

Lower Body Circuit NEW (30 minutes): This pop-up class uses lower body machines and free weights.

Restorative Yoga (45 minutes): A restful yoga practice with long holds for deeper stretches.

Solely Strength (1 hour): Improve your strength and bone density using free weights and circuit machines.

Step 'n' Sculpt (1 hour): Step your way to a healthy heart and tone your core.

Upper Body Circuit NEW (30 minutes): This pop-up class uses upper body machines and free weights.

Urban Line Dancing (1 hour at Parks Magnolia Room): Dance is an excellent stress reducer..

Yoga Flow (40 minutes): Join Cigna Onsite Health Coach Shannon Parks for yoga and meditation.

All classes, except Urban Line Dancing, are held at the Wellness Center, 324 South Fort Harrison Avenue, Clearwater. Bookmark the [Group Fitness Class Schedule](#).

