This month we feature Cindy Redmond, Chemist, Water Quality Division, Utilities.

My father was a regular whole blood donor while I was in high school and I was always impressed with what he did for others. He explained to me that blood could not be made in a laboratory, so it was important to donate to help save lives.

I donated whole blood occasionally when I was at the University of South Florida for undergraduate and graduate school. In 1990, I started working for Pinellas County Sewer System and donated regularly on the mobile buses or at the Clearwater donation center. I was able to donate about six times a year since you must wait 8 weeks between whole blood donations. A phlebotomist at the donor center encouraged me to try platelet donation since I had good veins in both arms. Platelets are the cells that help stop bleeding and form clots. Platelet donation can be given up to 24 times per year. I started going every two weeks to the Largo donation center after work. I now donate regularly at the Palm Harbor OneBlood center.

I was matched as a directed donor once. I donated granulocytes (white blood cells) for a child fighting an infection. I had to visit the St. Pete donor center for this donation. They had a 55-gallon drum in their lobby with a donor’s name on it. That’s when...

Continued on page 3.

Make a New Year’s Resolution to Last a Lifetime

By Ashley Skubal, HR Technician

Everyone seeks to improve something in their lives, especially when it comes to healthy behavior: a better diet, lower cholesterol, exercise, or losing weight.

Traditionally, January 1st means day one of new habits. The intent is to make the new year the best one yet. We swear off fried food, start eating a strict healthy diet and get up an hour earlier than normal to go to the gym 5 days a week. We absolutely crush the first couple weeks but lose steam by the end of the third week, running out of willpower.

What if, instead of the traditional life altering changes that happen overnight and fail shortly thereafter, we crafted a plan that fits our current lifestyle and becomes permanent?

Make a new year’s resolution a lifelong change by following a few simple steps. Choose a big goal, break it down into mini-habits, set cues, and stay consistent. Consistency is the ultimate key to success.

Step 1: Define the big goal

Start by completing the questionnaire (page 5 of the 30-Day Tune-Up Wellness Learning Series workbook.) Any...
In case you haven’t heard, there have been some changes to Virtual Visit opportunities with UnitedHealthcare. Virtual Visits makes medical treatment for common conditions convenient by connecting you to a doctor through your smartphone, tablet or computer. Save valuable time and money by skipping the trip, as well as the appointment scheduling hassle, and get one-on-one time with a doctor without leaving your home. Most visits last from 10 to 15 minutes, and doctors can even write prescriptions for you to pick up at a local pharmacy.

With the addition of Teladoc® to our Virtual Visit provider groups in September 2019, you now have the opportunity for simplified access through www.myuhc.com and the UnitedHealthcare app. After you sign into your myuhc.com account, the Single Sign On system automatically passes your credentials to Teladoc®. No additional registration is required to see a doctor with Teledoc.

Effective January 1, 2020, you can also access Teledoc telephonically (voice only). This telephone option will be available only with Teledoc. This option may be useful for those who have limited access to electronic devices.

Doctor on Demand® and AmWell® are other virtual visit portals and will continue to be in-network. You can access both directly through their websites, mobile apps (Amwell.com and DoctoronDemand.com) or the Virtual Visit Provider Directory (on myuhc.com).

Here’s How to Get Started

- Go to myuhc.com and click “Virtual Visits,” or go to the Virtual Visits provider website (Amwell or Doctor on Demand) to access care. You can also download the provider’s app from Google Play™ or the Apple® app store.
- After registering and requesting a visit, you will pay your portion of the service costs according to your medical plan ($15 for POS, $49 then 20% after deductible for CDHP).
- Next, you’ll enter a virtual waiting room.
- During your visit, you will be able to talk to a doctor about your health concerns, symptoms and treatment options.

For your reference, here’s Virtual Visit information.

American Heart Association Heart Health Classes

These classes are perfect for staff meetings, lunch & learns, in-service day, etc. Contact Nurse Amy (at amy_hertog@uhc.com or 464-5579) if you’d like to schedule any of these 30-60 minute (you pick) Heart Health presentations for your work site.

- Healthy For Good™: Healthy Eating
- Life’s Simple 7®: Heart Health at Work
- Heart Disease and Stroke
- Blood Pressure: The Silent Killer

Visit Amy’s web page or contact her at 464-5579 or by email at amy_hertog@uhc.com.
I set my first goal of 55 gallons. Regular platelet donations have added up to about 5 gallons per year. I had a goal to make the 100-gallon mark before I reached my 30 years with Pinellas County. I completed my 100-gallon donor milestone on October 28th, about 4 months before my 30-year anniversary with the County. I was even able to meet a gentleman during my milestone donation who needed platelet transfusions in 2010 due to aplastic anemia. He told me I gave him a second chance at life. That made every needle stick worth it.

Blood donation isn’t for everyone, but there is always a need for whole blood and blood products. Cancer patients, people going through organ or bone marrow transplants, and patients undergoing open heart surgery may require platelet transfusions. I started donating long before I knew someone with cancer. It changed my outlook on what’s really important. Sitting in a comfortable chair for a few hours is a time commitment I am happy to make if it will help someone in need. I didn’t really understand the impact of blood donation until I was called in to donate for a sick child. That’s when I realized that every time I donated I was helping someone’s child, spouse, parent, partner, sibling. I’m blessed to have such an opportunity.

My family and friends lined my driveway with 100 1-gallon jugs filled with red water after my milestone donation to show me what almost 30 years of donations added up to. It was quite a visual statement.

I care about my community and if I am able, I will continue to give back through platelet or whole blood donations. Working on my next goal of 125 gallons before I complete DROP!

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January is National Blood Donor Month

Due to an increase in seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline and demand increases.

Did you know that you can donate more than just blood? You can also donate plasma and platelets. Plasma, often referred to as “the gift of life,” is in high demand as lives depend on plasma protein for certain therapies and its clotting properties to help patients stop bleeding. Trauma, burn, and transplant patients are often recipients of plasma.

Platelets hold a unique power to save lives. Donations are done using a process called automation. Automation allows collection of specific components of blood at a larger volume. For example, one automated platelet donation produces one or more complete platelet dose for a patient. It would take six to eight whole blood donors pooled together to produce one complete platelet dose. Cancer patients are a primary recipient of platelets due to the harsh effects of chemotherapy.

To find out if you are eligible, visit a local blood donation center or ask at a mobile drive. Find locations near you: www.oneblood.org/donate-now.

Blood Drives

Did you know?

♥ Blood cannot be manufactured.
♥ One blood donation can save up to three lives.
♥ One in three of us will need a blood transfusion.
♥ A single car accident victim can require 100 pints of blood.

Pinellas County Wellness staff works with OneBlood to bring the Big Red Bus to employee blood drives every eight weeks. Please mark the next event on your calendar:

**January 21, 2020 – Courthouse**
315 Court St, Clearwater, west parking lot
11:00 a.m. to 4:00 p.m.

**January 21, 2020 – North County Tax Collector**
29399 US Highway 19 N, Suite 100, Clearwater
12:00 to 4:00 p.m.

**January 22, 2020 – Gulf to Bay Tax Collector**
1663 Gulf to Bay Boulevard, Clearwater
10:30 a.m. to 1:00 p.m.

Learn more at www.pinellascounty.org/hr/blood.

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Lunch Time Yoga

Take on the New Year with **Lunch Time Yoga** at Utilities, meeting Mondays and Tuesdays at lunchtime. Check out the flyer for more details.
“no” responses identify a potential big goal. These are broad categories (e.g. eat more vegetables, cut out sodas, etc.). Choose 1 or 2 goals and enter them into the green boxes on page 6.

**Step 2: Establish mini-habits**

Next, break big goals down into **mini-habits**. A mini-habit is an action or behavior so small that it’s very easy to do. For example, instead of intending to “eat more vegetables,” a mini-habit would be, “I will eat one piece of broccoli with dinner.” It may sound silly but when the gut reaction is “Ha, I can do that!,” it’s a mini-habit! If the mini-habit creates anxiety or stress that it will be too hard, make it even smaller. For example, do one push-up a day instead of 20.

Be smart and realistic about current life situations, schedules, knowledge and ability. Poor strategies are full of good intentions but force us to fit into a situation that is unrealistic and not our own. Try to frame these in a positive way rather than completely restricting something. For example, going cold turkey quitting soda will probably lead to obsessing over wanting a soda. Try reducing how much you drink, or replacing it gradually with a healthier option.

While it would be great to cook all meals at home, lose 15 pounds in 2 weeks, and payoff the debt from the holidays by the end of the month, they’re unrealistic. **Extremes are difficult to sustain and ultimately result in giving up.**

Enter at least one mini-habit that corresponds to one big goal into the blue box (page 6 of the workbook). Choose no more than four mini-habits.

**Step 3: Set cues**

Once mini-habits have been established, find a place in daily life to both **remember** to do them, and to **actually** do them. Cues help us do this. There are three types: Time, Activity, and Flexible.

- **Time-based cues** - If your day is tightly organized with limited time to squeeze something else in, scheduling a specific time to do the mini-habit may work best.

- **Activity-based cues** couple the mini-habit with something you already do such as leaving for work, eating a meal, or during a break at work.

- The **flexible daily option** leaves time open to complete the mini-habit anytime that day. This option is ideal if a daily schedule changes frequently, or you don’t like being held to a schedule. Beware! This is not the right cue for procrastinators.

Finding the right cue can make or break success. Be honest about your personality and current circumstances when choosing one. Assign only one cue for each mini-habit and place it into the orange box next to the cue (in the workbook). If you have one habit, you will have one cue and so on.

The most important aspect to creating lasting change is **consistency**. Accomplish mini-habits each day and, by the end of 2020 you will be amazed at what you have accomplished. Remember that life happens and there will be times we abandon our mini-habit, whether for a day or a month. We have not failed. Get back to it and start again.

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**Mary Larsson** (Tax Collector) accepted a challenge from a walking buddy four years ago to walk at least one mile each day between Thanksgiving and Christmas. She blew the challenge out of the water and continued to walk well beyond that. She is now up to 6 miles every morning coming up on 5 years! She also competes at ilovetorun.org in the 2,000 mile-a-year challenge of which she is currently ranked 10th with 3,690.27 miles. High Five Mary and keep up the good work!

*Have something wellness-related you’ve done that you want to brag about? Email photos to wellness@pinellascounty.org and the name and date of the race, walk, etc. We’ll give you a well-deserved “High Five!”*
WELLNESS CENTER UPDATES

Do you work in downtown Clearwater, visit the offices frequently, or live nearby? The Wellness Center is a free resource available to you AND it’s open 24/7 (yes, even on holidays)! It’s in the basement of the old Courthouse at 324 S. Fort Harrison Avenue.

If you’d like to join, contact wellness to setup an orientation at wellness@pinellascounty.org.

The Yoga Strap

Take your flexibility to a whole new level with the yoga stretch strap. The yoga stretch strap, perfect for all level of fitness from beginner to athlete, is a cloth strap that is generally about 6 to 8 feet long and has a buckle fastener or D-ring on the end that allows you to create a loop for certain stretches. It can become an extension of your arm to assist in basic stretching or accomplishing a deeper stretch than you can on your own. The straps are in the Main Group Exercise Room on the black rack next to the medicine balls.

If you haven’t used these before, you can check out this quick video for the basic how-tos.

Come to the WW (Weight Watchers) kick-off to learn about WW Workshops and meet with a WW coach!

New 12-week series starts on Thursday, January 30th.

Time: 12:15 - 12:45

Location: Utilities Building, 14 S. Fort Harrison Ave., 4th Floor, Clearwater

Contact: Leena Delli Paoli (ldellipaoli@pinellascounty.org)

Qualify for a 15% discount making the cost only $132.60 per person. Attendance is required on January 30 to qualify.

View the flyer for more details.

Class Spotlight

Have you been feeling a little out of sorts with tight muscles? Check out the Trigger Point class offered by Rickey 1/29 this month. You’ll leave class feeling like a new person and understand the basics of trigger point. Before attending, read through the pre-class info.

We want to hear from you!

TELL IT WELL

EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, To Your Health wants to feature and congratulate you! Contact Jane at jgrannis@pinellascounty.org for details on how to share your story.
Stepping into Your Health 2020

Committed to making healthy changes in 2020 but not sure how to get there? Step into your health this new year with an 8-week walking/whole health challenge January 27th through March 22nd, that combines walking and various bonus point wellness activities.

What’s in it for you?
- Improved sleep
- Renewed pep in your step
- Sunnier outlook
- Reduced stress

What’s the program like?
- Goal-oriented to help you stay on track
- Healthy dose of competition
- Team support with flexibility to complete activities
- Web and app-based

Earn bonus points!
Your team can earn bonus points by completing extra challenges, like:
- **5, 10, 15 challenge**
  (5 pushups, 10 sit-ups, 15 squats)
- Stretch
- **Hydrate**
- Unplug from technology
- Skip dessert
- Get your ZZZ’s

When can I start?
Registration opens January 13th.
Captains: Email wellness@pinellascounty.org to set up a team and get instructions including your unique registration link. Please include:
- Team name
- Designated captain
- Team member names and emails

Team members: Your captain will set up the team and send you an invitation. If you want to participate but do not have a team of four, let us know and we will match you with a team.

Teams: All must register by January 31st.

Step Into Your Health in 2020.
The Anatomy of Stretching: Your illustrated guide to flexibility and injury rehabilitation

Description from the book cover:

When The Anatomy of Stretching was originally published, it was the first book to cover the topic of anatomy and physiology for stretching and flexibility. Since then, others have been written, but no other book on the subject contains more examples of stretching exercises, or is able to take detailed anatomical information and present it in a way that is easy for everyone to understand. This is how The Anatomy of Stretching is different: it is able to take you inside the body and show you both the primary and secondary muscles in action during the stretching process.

The Anatomy of Stretching looks at stretching from every angle, including: physiology and flexibility; the benefits of stretching; the different types of stretching; rules for safe stretching; and how to stretch properly. Geared toward fitness enthusiasts of any level, as well as fitness pros, The Anatomy of Stretching also focuses on which stretches are useful for the alleviation or rehabilitation of specific sports injuries. Plus, in this second edition, over twenty new stretches have been added; the chapter on physiology has been expanded; more detailed anatomy has been included with each stretching chapter; the top five stretches for a range of sports and sports injuries are listed; and a new numbering system has been included to help reference each stretch.

Brad Walker is an internationally recognized stretching and sports injury consultant with over twenty years of practical experience in the health and fitness industry. Walker is a Health Science graduate of the University of New England (Associate Diploma of Health Science in Sport and Exercise) and has postgraduate degree accreditations with elite-level and world champion athletes, and he lectures for Sports Medicine Australia on injury prevention.

Tobacco Cessation

Tobacco users: Time is running out! If you attested “yes” to tobacco use during annual enrollment, you must complete an approved tobacco cessation program between August 1, 2019 and March 31, 2020, to qualify for the 2020 Tobacco Premium waiver.

To schedule a class at your location, you need a minimum of 3 participants. Contact your Wellness Champion or email the Wellness Department to make a request.

In addition to classes, you may satisfy the tobacco cessation program requirement with phone coaching or online lessons. Visit www.pinellascounty.org/hr/tobacco to learn more.
New Benefit Administrator for EAP and Behavioral/Mental Health

The administration of Pinellas County’s Behavioral/Mental Health Program is now UnitedHealthcare (UHC) and the Employee Assistance Program is Optum (a subsidiary of UHC) as of January 1, 2020. The move to UnitedHealthcare leads to a whole-person approach to your healthcare by integrating medical and behavioral health services with one administrator and allows for an expanded national network of behavioral health providers, addition of virtual visits and availability of out-of-network benefits.

For behavioral/mental health, there is a 90-day transition period (January 1 to March 31, 2020) for employees and family members to transition to a UHC in-network provider. If your provider is not in the UHC network, the visits will continue to be processed as an in-network benefit until March 31.

Any provider not in the UHC network that is seeing 3 or more Pinellas County members will be invited to join the UHC network. To learn more about this transition and benefits offered to you through the Behavioral/Mental Health and Employee Assistance Programs, view our FAQs.

Turkey Lasagna

No-boil lasagna noodles, which are widely available, are a big time-saver! If you can’t find them, cook regular noodles a few minutes short of ready to eat and assemble the recipe as directed with partially cooked noodles.

Ingredients
- ½ cup part-skim ricotta cheese
- 1 egg, scrambled
- ¼ teaspoon salt
- ½ cup part-skim mozzarella cheese, (1/4 cup for ricotta mixture, ¼ cup for topping)
- Cooking oil spray
- 1 pound ground turkey, preferably breast meat only (Vegetarians: Substitute 14 to 16 ounces crumbled firm tofu)
- 2 ½ cups marinara sauce, one with less than 500 mg sodium per ½ cup, divided
- ¼ cup fresh basil (or 1 tablespoon dried basil)
- 4 whole grain lasagna noodles, no-boil variety or regular-type, cooked, cut in half (width-wise)

Instructions
1. Preheat oven to 425°. Heat a heavy bottom skillet over medium heat.
2. In a medium bowl, combine ricotta, egg, salt and ¼ cup mozzarella.
3. Spray skillet with cooking spray and add turkey (or tofu). Cook, stirring often, until browned, about 3 minutes. Mix in 2 cups marinara sauce and basil. Turn off heat.
4. Spray a glass or ceramic 8-inch-square (or 6-inch by 10-inch) baking dish with cooking spray.
5. Place ¼ of turkey mixture in the bottom of pan. Cover with 4 noodle halves and then ½ of ricotta mixture.
6. Repeat and top with remaining ½ cup marinara sauce and remaining ¼ cup mozzarella.
7. Cook for 25 minutes. Turn oven to broil and cook until top is brown, about 2 more minutes.
2020 Wellness Incentive Program

Participate in healthy activities to achieve your wellness goals, and earn up to 50,000 reward points or $200 cash.

- Points will be deposited into your Pinellas County Rewards Program account on a semi-annual basis.
- Your rewards default to points every year. If you want cash in your paycheck instead of reward points, complete the cash election form every year at www.pinellascounty.org/hr/cash-election.
- Please read the Program Rules & Guidelines before participating.
- Learn more about the program at www.pinellascounty.org/hr/incentive.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Rally %</th>
<th>Reward Points</th>
<th>Cash</th>
<th>Employee</th>
<th>Spouse (on County plan)</th>
<th>Opt Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventive Screening</td>
<td>Colonoscopy or pap test or mammogram (reward limited to one screening/year)</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Fruit &amp; Veggie Challenge</td>
<td>8 weeks of eating fruits and vegetables</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Get Fit</td>
<td>8 weeks of physical activity commitment</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Nutrition Challenge</td>
<td>8 weeks of food tracking and portion guidance</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Wellness Coaching</td>
<td>Choose online classes, phone coaching, or a combo</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Wellness Learning Series</td>
<td>4 weeks of wellness education (reward limited to one series/year)</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Chronic Condition Management</td>
<td>Support to manage a chronic diagnosis such as diabetes</td>
<td>50%</td>
<td>25,000</td>
<td>$100</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Maternity Support</td>
<td>Access to nurses and healthy pregnancy resources</td>
<td>up to 100%</td>
<td>up to 50,000</td>
<td>up to $200</td>
<td>✓</td>
<td>✓</td>
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Wellness Incentive Payout Schedule (Semi-Annual)

<table>
<thead>
<tr>
<th>Activities Completed</th>
<th>Cash Election</th>
<th>Deadline (if desired)</th>
<th>Incentive Rewarded</th>
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</thead>
<tbody>
<tr>
<td>January to June 2020</td>
<td>June 30, 2020</td>
<td>September 2020</td>
<td></td>
</tr>
<tr>
<td>July to December 2020</td>
<td>December 31, 2020</td>
<td>March 2021</td>
<td></td>
</tr>
</tbody>
</table>
### January 2020 Group Fitness Classes

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15 to 12:45 pm <strong>Spin</strong>&lt;br&gt;<strong>Instructor:</strong> Ashley (1/6, 1/13, 1/27)&lt;br&gt;<strong>NO CLASS 1/20</strong></td>
<td>7 to 7:30 am <strong>Spin</strong>&lt;br&gt;<strong>Instructor:</strong> Casey (1/7, 1/14, 1/21, 1/28)&lt;br&gt;<strong>NO CLASS 1/1</strong></td>
<td>7:15 to 7:45 am <strong>Low Impact Circuit</strong>&lt;br&gt;<strong>Instructor:</strong> Ashley (1/8, 1/15, 1/29)&lt;br&gt;<strong>NO CLASS 1/1 &amp; 1/22</strong></td>
<td>7 to 7:30 am <strong>Spin</strong>&lt;br&gt;<strong>Instructor:</strong> Casey (1/2, 1/9, 1/16, 1/23, 1/30)</td>
<td>12:15 to 1:00 pm <strong>Killer Abs &amp; Back</strong>&lt;br&gt;<strong>Instructor:</strong> Isiah (1/3, 1/10, 1/17, 1/24, 1/31)</td>
</tr>
<tr>
<td>5:30 to 6:30 pm <strong>Urban Line Dancing</strong>&lt;br&gt;<strong>Instructor:</strong> Jolanda (1/6, 1/13, 1/27)</td>
<td>12:15 to 12:45 pm <strong>Full Body Blast</strong>&lt;br&gt;<strong>Instructor:</strong> Ashley (1/7, 1/14, 1/28)&lt;br&gt;<strong>NO CLASS 1/1 &amp; 1/21</strong></td>
<td>12:15 to 12:45 pm <strong>Trigger Point</strong>&lt;br&gt;<strong>In Spin Room</strong>&lt;br&gt;<strong>Instructor:</strong> Rickey (1/22, 1/29)&lt;br&gt;<strong>NO CLASS 1/1, 1/8, 1/15</strong>&lt;br&gt;<strong>Pre attendance info:</strong> <strong>Trigger Point</strong></td>
<td>12:15 to 12:45 pm <strong>Full Body Blast</strong>&lt;br&gt;<strong>Instructor:</strong> Ashley (1/2, 1/9, 1/16, 1/23, 1/30)</td>
<td></td>
</tr>
<tr>
<td>6:00 to 6:45 pm <strong>Step &amp; Sculpt</strong>&lt;br&gt;<strong>Instructor:</strong> Lisa (1/7, 1/14, 1/21, 1/28)&lt;br&gt;<strong>NO CLASS 1/1</strong></td>
<td>12:30 to 1:30 pm <strong>Urban Line Dancing</strong>&lt;br&gt;<strong>Instructor:</strong> Leslie (1/8, 1/29)&lt;br&gt;<strong>NO CLASS 1/1, 1/15, &amp; 1/22</strong></td>
<td>5:15 to 6:15 pm <strong>Yoga</strong>&lt;br&gt;<strong>Instructor:</strong> Kelli (1/15, 1/22, 1/29)&lt;br&gt;<strong>NO CLASS 1/1 &amp; 1/8</strong></td>
<td>5:30 to 6:15 pm <strong>Killer Abs &amp; Back</strong>&lt;br&gt;<strong>Instructor:</strong> Isiah (1/2, 1/9, 1/16, 1/23, 1/30)</td>
<td></td>
</tr>
</tbody>
</table>

* Separate orientation required for Spin class.
All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 S. Fort Harrison Ave. in downtown Clearwater, and are free for all members. If you’re not a member yet, email our staff to schedule an orientation. The Wellness Center is now open 24/7.

Classes are subject to change. See exercise class descriptions and satellite fitness center locations.
Pinellas County Wellness Program (727) 464-4049
www.pinellascounty.org/hr/wellness