

How Do I Enroll?

It's easy! To be an enrolled member at the Wellness Center, you just have to attend an orientation. Included in the orientation is a brief tour of the facility and completion of the paperwork, which is required to gain an access card.

To schedule an orientation please contact 464-3768 or wellness@pinellascounty.org.

"The Wellness programs offered are fun, motivating, and a good way to become more aware of how to improve your overall health."
-Pinellas County Employee

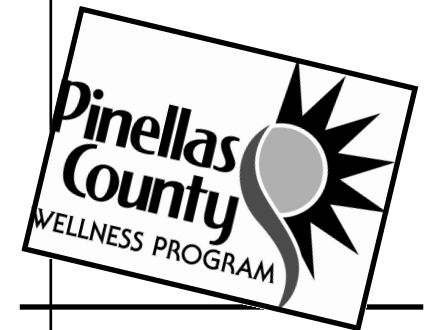


Benefits of an Active and Healthy Lifestyle

- More Energy
- Reduce risk of chronic diseases such as cancer, heart disease, diabetes, and osteoporosis
- Reduce stress level and an improved ability to cope with stress
- Ability to achieve and maintain your ideal weight
- Increase level of self esteem
- Fewer doctor's visits and sick days
- Relief from depression and anxiety; giving you a positive upbeat attitude
- Improved immune system



Pinellas County
Wellness Center



324 South Fort Harrison Ave.
Clearwater, FL 33756
727.464.3768

[Http://ups.co.pinellas.fl.us/benefits/wellness/htm](http://ups.co.pinellas.fl.us/benefits/wellness/htm)

About the Wellness Center



Location: Basement of the old courthouse at 324 South Fort Harrison Ave., Clearwater.

Hours of Operation: Monday–Friday 6:00 am–8:00 pm. Closed on weekends and all county holidays.

The Wellness Center is an exercise on your own facility and is a free benefit to permanent employees, registered volunteers, and retirees, ages 18 and over.

Membership includes:

- ⇒ Group exercise classes
- ⇒ Free Weights, Nautilus, and Cardiovascular equipment
- ⇒ Full locker room including showers and daily locker use
- ⇒ Wellness Resources Library
- ⇒ Individualized Exercise

Educational Programs

The Wellness Center offers a variety of comprehensive health education programs. These programs are offered county wide. At minimum, every quarter, there is a lunch and learn presentation and/or screening in your area. So keep your eyes peeled for advertisements!

Topics include but are not limited to:

Stress Management, Skin Cancer Screenings, Cholesterol Screenings, Healthy Habits, and Vision Screenings.

The Wellness Center also offers the twelve week LEARN Weight

Management series. This program is



offered in a variety of locations and can be brought to your location for a group of twelve or more.

Frequently Asked Questions

How do I join the Wellness Center?

It's as easy as a phone call. Beth Tobias, Health & Wellness Specialist, will schedule an orientation by calling 464-3768.

What are the Wellness Center fees?

The County provides use of the Center at no cost. Most of the education programs are also free.

Can my family join?

Actually, the Wellness Center is a benefit only for permanent employees, retirees, and registered volunteers, 18 years of age or older.

Is there anyone to help me with an exercise program?

Beth Tobias, Health & Wellness Specialist, will be happy to schedule an exercise program appointment.

Monthly the “To Your Health” is distributed to all employees to share health and wellness information and updates.