
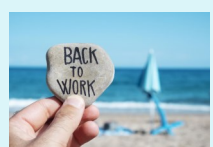















January 2025 Wellness Calendar



CLEARWATER
WELL@WORK

SUN		TUE	WED	THU	FRI	SAT
	HAPPY NEW YEAR		1. City Offices Closed 	2. 	3. New year, new sleep? Aim for 7-9 hours of sleep each night to help stay healthy! 	4.
5. How many steps a day do you want to walk this year? 	6. Free Sunset Yoga every Monday at Coachman Park	7. 	8. Make Meaning of the Everyday- 2pm Watch Here 	9. Check the bi-weekly wellness newsletter for more wellness information and direct links	10 	11. Free Morning Yoga at Coachman Park 8am
12 	13 Free Sunset Yoga at Coachman Park	14 Wash your hands for at least 20 seconds to help prevent the spread of germs this winter season!	15 Bridging Divides: Beyond Agree to Disagree- 2pm Watch Here	16	17 Schedule your screenings and receive wellness rewards through Cigna's MotivateMe Program! 	18
19 On this long weekend, manage your stress- chronic stress can weaken your immune system	20 City offices closed 	21	22 BayCare Presents Connecting the Dots: Genetic Counseling for Gynecological Cancer Awareness and Prevention 12p-12:45p Register Here 	23 Check the bi-weekly wellness newsletter for more wellness information and direct links	24	25 Stay hydrated- even in the winter! It helps with energy and better skin protection 
26 Stay Social! Stay in touch with friends and family to help prevent isolation during the winter. 	27	28 	29 Free Cardio Fit class on the water front Bay Walk Promenade at Coachman Park- every Wednesday	30 Continue eating well into February! 	31	

Stop by the health center for mental health resources or make an appointment to speak to one of our providers. **Health Center: 727-298-1788**