



# Wellness Resource Guide

All services are free and confidential

## Orlando Magic Recreation Center Locations

### FREE EMPLOYEE GYM MEMBERSHIPS

#### Barnett Park & Gym

4801 W. Colonial Drive  
Orlando 32808  
407-836-6248

#### Goldenrod Park

4863 N. Goldenrod Road  
Winter Park 32792  
407-254-9025

#### Meadow Woods Park

1751 Rhode Island Woods Circle  
Orlando 32824  
407-254-9065

#### Silver Star Community Park

2801 N. Apopka-Vineland Road  
Orlando 32818  
407-254-9250

#### South Econ Community Park

3850 S. Econlockhatchee Trail  
Orlando 32829  
407-254-9092

#### West Orange Recreation Center

309 S. West Crown Point Road  
Winter Garden 34787  
407-254-9245

> **Click here** for information on how to register for your fitness center membership or visit [www.orlandomagicocflgyms.net](http://www.orlandomagicocflgyms.net)

## WellWorks

#### WellWorks Central

1850 East Michigan Street

#### WellWorks Express West

4200 South John Young Parkway

#### WellWorks Express East

6600 Amory Court

For more information please call 407-836-7476.

## Wellness Team

### Debra Hodge

OCG Wellness Coordinator  
407-836-5498  
[debra.hodge@ocfl.net](mailto:debra.hodge@ocfl.net)  
Employee Wellness programs and events

- Onsite training
- Mobile mammography • Bio screenings
- Health summits
- Mobile health fairs
- 5k events • Flu shot clinics
- YMCA Diabetes Prevention Program

### Betsy Theriot

Centra Care Nurse  
407-836-5665  
[betzaida.theriot@flhosp.org](mailto:betzaida.theriot@flhosp.org)

Blood pressure screenings • Confidential health advising and support • Health and Wellness presentations • Bio-metric screenings • Referrals to appropriate community resources

### Rachel Jensen

Cigna Onsite Health Coach  
407-280-7566  
[rachel.jensen@cigna.com](mailto:rachel.jensen@cigna.com)

Personal and group coaching on: goal setting, healthy eating, increase exercise/physical activity, disease prevention, blood pressure, cholesterol, pre-diabetes, body mass index (BMI) Accountability as you strive to reach your goals All sessions are private and confidential

### Sara Pellegrino

Cigna Onsite Registered Dietician  
Mobile: 571-317-9293  
[Sara.Pellegrino@cigna.com](mailto:Sara.Pellegrino@cigna.com)

Personalized nutrition counseling, healthy eating, Increasing physical activity, disease prevention & Chronic disease management.

## The Standard Insurance Company

### Stephen Beamon

407-836-5337  
971-200-9420 - Mobile  
[Stephen.Beamon@standard.com](mailto:Stephen.Beamon@standard.com)  
1-800-628-8600  
[www.standard.com](http://www.standard.com)

Assistance with: Life Insurance • Accidental Death & Dismemberment • Short Term Disability and Long-Term Disability

### Michael Bradley

Cigna Medical & Dental Representative  
407-836-3271  
[michael.bradley@cigna.com](mailto:michael.bradley@cigna.com)

## Employee Insurance Services

### Cigna Health Information and Nurse Advice Line/Telephonic Coaching

1-800-244-6224  
[mycigna.com](http://mycigna.com)

## Employee Assistance Plan

### 24 Hour Customer Service

1-855-221-8925  
[guidanceresources.com](http://guidanceresources.com)  
Web ID: ORANGECOUNTY

## YMCA Diabetes Prevention Program

407-204-2320  
[diabetesprevention@cfymca.org](mailto:diabetesprevention@cfymca.org)

