



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, FL 32808
407-836-6248

Goldenrod Park

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

Meadow Woods Park

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

Silver Star Community Park

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

South Econ Community Park

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

West Orange Recreation Center

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

WellWorks

WellWorks Central

1850 E. Michigan Street
Orlando, FL 32806

WellWorks Express West

4200 S. John Young Parkway
Orlando, FL 32839

WellWorks Express East

6600 Amory Court
Winter Park, FL 32792

For more information call 407-836-5498

Wellness Team

Located at WellWorks Central
1850 East Michigan Street

Debra Hodge

Wellness Coordinator
Employee Wellness Programs and Events
407-836-5498
Debra.Hodge@ocfl.net

*Onsite training • Mobile mammography
Bio screenings • Health summits
Mobile health fairs • 5K events
Flu shot clinics • YMCA Diabetes*

Betsy Theriot

Centra Care Nurse
407-836-5665
Betzaida.Theriot@flhosp.org

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

Sara Pellegrino

Cigna Onsite Registered Dietician
Mobile: 571-317-9293
Sara.Pellegrino@cigna.com

*Individualized nutrition coaching, healthy eating,
increasing physical activity, disease prevention
& chronic disease management. All sessions are
private and confidential.*

Ramon Torres

Cigna Onsite Health Coach
Mobile: 321-200-7781
Ramon.Torres@cigna.com

*Increasing physical activity, wellness challenges
& campaigns, wellness seminars, healthy
eating, disease prevention & chronic disease
management. All sessions are private and
confidential.*

Cigna Medical and Dental Representatives

Michael Bradley

407-836-3271
Michael.Bradley@cigna.com

Katrina Howard

407-489-0302
Katrina.Howard@cigna.com

Employee Insurance Services

Cigna Health Information and Nurse Advice Line/Telephonic Coaching

1-800-244-6224
mycigna.com

The Standard Insurance Company

1-800-628-8600
www.standard.com

Terri Gridley

On-site Account Specialist
407-913-3458
Terri.Gridley@standard.com

*Assistance with: life insurance • accidental death
& dismemberment • short term disability and
long-term disability*

Humana Vision Plan

Group: 1007800 (Eye Med)
Plan: 7741123
1-877-398-2980
www.Humana.com

Employee Assistance Plan

24 Hour Customer Service

1-855-221-8925
www.guidanceresources.com
Web ID: ORANGECOUNTY

Diabetes Care Program Enrollment Information

407-303-2720

YMCA Diabetes Prevention Program

407-204-2320
diabetesprevention@cfymca.org

Orange County Government

Organizational Development & Training
OD.Training@ocfl.net

