



# 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

