



**WELLNESSWORKS**  
MIAMI-DADE COUNTY



PRESENTS AN

# HOUR OF WELLNESS

Countywide Financial Health and Wellness  
Lunch & Learn Series

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**THURSDAY, JUNE 2, 2016**  
**NOON - 1 PM**

OPEN TO ALL EMPLOYEES

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SPONSORED BY



RSVP online at [secure.miamidade.gov/BenRSVP/](https://secure.miamidade.gov/BenRSVP/), or email us at [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).

**REGISTRATION REQUIRED AS SPACE IS LIMITED.**

# WORKSHOPS

Thursday, June 2, 2016 / Noon - 1 PM  
Financial Health and Wellness, Lunch & Learn Series

## **Investment Strategies - NRS**

**- Stephen P. Clark Center, 111 NW 1st Street, 18-3**

Learn techniques and strategies to enhance your investment approach. Participants will learn the value of dollar cost averaging, asset allocation, periodic contribution increases and rebalancing your portfolio.

## **The Relationship Between Your Energy Centers and What You Eat Holistic Health and Wellness by Yoko**

**- Stephen P. Clark Center, 111 NW 1st Street, 18-1**

To maintain balance, you need to know how what you eat affects your body, soul, mind and spirit. In this workshop, you can learn the relationship between your energy centers and the colors or energy frequency associated with the food you are eating and how your food choices have an impact on your organs, glands and your whole body.

## **Work, Home and Play, Sometimes I Could Just Scream**

**Dr. Luis Hines and Associates**

**- Overtown Transit Village North - 701 NW 1st Court**

Learn how to excel in your life despite the many competing demands and pressures for your time. You will be able to identify common stressors and recognize when you are becoming overwhelmed. Failure to manage stress can lead to serious mental and physical health problems. You will leave this workshop with techniques and practical strategies to deal with stress.

## **The Key to Your Department's Mental Health - MDC - ESS**

**- MLK Plaza - 2525 NW 62nd Street - Room 5600**

This workshop is designed specifically to help Administrators and Managers decrease time and resources spent on addressing inappropriate employee conduct. You will learn strategies to decrease the likelihood of violent behavior, verbal altercations, substance abuse and other undesirable employee conduct. We will also recommend some best practice methods utilizing County policy to discourage improper conduct.

## **Healthy Strides in 2016 - Baptist Health**

**- Stephen P. Clark Center, 111 NW 1st Street, 18-A**

Learn how to incorporate physical activity into your everyday life. Being active does not mean becoming a superhuman athlete, learn how to set goals and plan activities that work for you and your lifestyle.

## **Fighting Obesity and Diabetes in Children and Families:**

**Cooking Demonstration – Short Chef**

**- WASD- 3071 SW 38th Avenue**

Learn how to cook healthy for your family. Short Chef is leading the fight against obesity and diabetes in children, empowering them with knowledge to make better decisions to fuel their bodies with the best nutrition.

## **Elder Law - ARAG**

**- Police HQ – 9105 NW 25 St.**

Rising medical costs, recent ACA changes, looming Social Security Fund depletion and baby boomers' imminent retirement have intensified concerns over long-term care funding. Are you doing everything you can to develop a comprehensive plan to ensure proper quality of life in the golden years? Join our expert faculty and emerge better prepared to face the challenges of today's Medicaid and elder law practice.

## **Love & Money: Financial Tips for Couples - Metlife**

**- Permit & Inspection Center - 11805 SW 26 Street**

This workshop will look at the common concerns couples have handling finances including: savers vs. spenders, financial infidelity, combining incomes and carrying debt. It will show you how to work with your partner as a team, to help resolve those issues to create a more meaningful and fuller relationship.

## **Estate Planning- ARAG**

**- Information Technology Department – 5680 SW 87th Avenue**

Learn what estate planning can do for you and protecting your loved ones. Participants will learn about estate planning documents including: Last Will and Testament, Living Trust, Living Will, Designation of Health Care Surrogate, and Durable Power of Attorney.

## **How Alternative is Alternative Health? - Frontier**

**- Aviation – 2100 NW 42nd Ave, Bldg. 5G**

Dr. Tolmos will educate on how nontraditional therapies can be used to assist with preventative, restorative, and maintenance health care and how they are becoming more commonplace.

## **Home Buying Prep - ICMA - RC**

**- Stephen P. Clark Center, 111 NW 1st Street, 18-4**

Buying a home is a huge financial and emotional decision. Don't rush into it without carefully considering your options and knowing what to plan for. Compare buying versus renting, learn how to determine how much you can afford, the impact your credit has on your rate, and know your mortgage options.



**SEE YOU THERE!**

Don't forget to bring your own Brown Bag Lunch & MDC ID for an Hour of Wellness!

**This series of free sessions on valuable financial and wellness topics is open to ALL MDC employees**

