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# MARCH 11 | ROOM 18-4

## WORKSHOPS

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### **Ease Stress & Stretch While at Your Desk**

**Presented by Employee Wellness Center | Director Raquel Dopico**

**10 a.m.**

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### **Stay Healthier with Spring DETOX Recipe**

**Presented by Dr. Eva Paglialonga, Needles & Moxa Wellness Center**

**10:30 a.m.**

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### **How to Prevent Fraud**

**Presented by Dade County Federal Credit Union**

**11 a.m.**

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### **How to Talk About Addiction**

**Presented by Schick Shadel of Florida | Light lunch provided, Pre-registration required**

**11:45 a.m.**

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### **Home Retention Clinic**

**Presented by Consolidated Credit Counseling, Pre-registration Required**

**12:30 p.m.**

Visit with reps from Aflac, BJ's Wholesale Club, Consumer Protection, ICMA-RC, Nationwide, Retirement and TicketsAtWork.com, in addition to the presenters. Stop by and sign-up for giveaways, prizes and surprises between 10 a.m. and 1 p.m.

Animal Services Department (ASD) will be here with special pets available for immediate adoption. Wednesdays, adoptions of adult dogs, cats & kittens are 1/2 price too!



**Questions or RSVP**  
**[Discountninja@miamidade.gov](mailto:Discountninja@miamidade.gov)**

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