



## MDC 2013 Wellness Program - Event Calendar

Date	Event Description	Location\Time	Screenings
3/5/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	Water & Sewer - 10 AM to 2 PM, Douglas HQ - 3071 SW 38th Ave Room # 156A, Miami 33146	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/6/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	OTV - 10 AM to 2PM 701 NW 1st Court, 1st Floor Training Rm, Miami 33136	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/7/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	SPCC - 10 AM to 3PM 111 NW 1st Street, 18 FL #18-4, Miami 33128	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/11/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	MLK/ CAHSD & Corrections - 10:30 AM to 2:30 PM 2525 NW 62nd St 2nd Floor Conf. Rm, Miami 33147	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/12/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	Aviation - 10 AM to 2 PM Miami Intl Airport Conc. D Auditorium-4th Floor	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/14/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 7:00 AM to 8:00 AM 3B Garbage Ops, 8000 SW 107 Ave, 33173	N\A
3/15/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	Police HQ - 10 AM to 2 PM 9105 NW 25 St Cafetorium, Doral, FL 33172	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, & chair massage
3/18/13	Stress Mgt & Mental Health - Seminar	Public Works & Waste Mgt - 8:00 AM to 9:00 AM 3B Trash Ops, 8000 SW 107 Ave, Miami, 33173	N\A
3/20/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	RDPC - ITD 10 AM-2 PM 5680 SW 87 Ave, 2nd Floor Break Rm, Miami FL 33173	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/21/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	Permitting & Inspection Center - 7:30 AM to 11:30 AM 11805 SW 26th St. Conf RM I/J, Miami 33175	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
3/26/13	Fire HQ Annual Health Fair	Fire HQ 10 AM to 2 PM 9300 NW 41 St Doral 33178, MDR Training Facility Rm 2-002	AvMed - TtlChol/HDL Ratio, Glucose; Bone Density, BP, massage therapists, chiropractic posture screening.
4/4/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 7:00 AM to 8:00 AM -- 58th Street Garbage Ops, 8831 NW 58th St, Miami 33178-	N\A

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4/8/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 8:00 AM to 9:00 AM -- 58th Street Trash Ops, 8831 NW 58th St, Miami 33178	N\A
4/10/13	Health Education & Mini Health Fair	MDT Central Garage- 9AM - 1PM 3300 NW 32 Ave, Driver's Room-1st FL Miami FL 33142	Health screenings-BP, glucose, cholesterol, BMI, vision. Educational literature, chair massage
4/17/13	Health Education & Mini Health Fair	MDT Coral Way - 9AM - 1PM 2775 SW 74 Ave, Driver's Room, Miami FL 33155	Health screenings-BP, glucose, cholesterol, BMI, vision. Educational literature, chair massage
4/23/13	Stress Mgt & Mental Health - Seminar	RDPC - ITD 12 PM to 1PM 5680 SW 87 Ave, 1st Floor Command Ctr Conf Rm, Miami FL 33173	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, & chair massage
4/26/13	"Spring into Wellness" (3 in 1 Mega Fair organized by Wellness Works Committee)	SPCC - 10 AM to 3 PM 111 NW 1st Street, Lobby, 33128-(Screenings in EWC Training Room)	AvMed - TtlChol/HDL Ratio, Glucose; Bone Density, BP, massage therapists, chiropractic posture screening.
5/3/13	Health Education & Mini Health Fair	MDT NE Garage- Bus Ops - 9AM - 1PM 360 NE 185 St., Driver's Rm 1st Fl Miami FL 33179	Health screenings-BP, glucose, cholesterol, BMI, vision. Educational literature, chair massage
5/9/13	Nutrition & Reducing Salt Intake - Seminar	MLK 10:30 AM to 2:30 PM 2525 NW 62nd St 2nd Floor Conf. Rm #1	N\A
6/6/13	Ergonomics Training Seminar	Permitting & Inspection Center 7:30 AM to 8:30 AM 11805 SW 26th St. Conf RM I/J, 33175	N\A
6/7/13	Nutrition & Reducing Salt Intake - Seminar	Water & Sewer - 11AM to 12 PM, Douglas HQ - 3071SW 38th Ave Room # 156A, Miami 33146	N\A
6/11/13	Workplace Exercise (Keeping Fit)- Seminar	Aviation - 12 PM to 1 PM Miami Intl Airport Conc. D Auditorium-4th Floor	N\A
6/12/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 2:00 PM to 3:00 PM Traffic Signals and Signs 7100 NW 36th St, Miami 33166-	N\A
6/13/13	Health Fair	Public Works & Waste Mgt - 6:30 AM to 9:30 AM 3B Ops, 8000 SW 107 Ave, 33173	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose & BMI
6/20/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 7:00 AM to 8:00 AM 3A Garbage Ops and Northeast Transfer , 18701 NE 6th Ave, 33179.	N\A

Date	Event Description	Location\Time	Screenings
6/21/13	Nutrition & Reducing Salt Intake - Seminar	<b>Public Works &amp; Waste Mgt - 7:00 AM to 8:00 AM</b> South Dade Landfill--24000 SW 97th Ave Miami FL 33190	N\A
6/27/13	Health Fair	<b>Public Works &amp; Waste Mgt -6:30 AM to 9:30 AM -- 58 Street Ops, 8831 NW 58th St., 33178-</b>	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose & BMI
7/16/13	Lunch & Learn Seminar - TBD	<b>OTV - 11 AM to 12 PM</b> 701 NW 1st Court, 1st Floor Training Rm, 33136	N\A
7/19/13	Nutrition & Reducing Salt Intake - Seminar	<b>Police HQ - 10 AM to 2 PM</b> 9105 NW 25 St Cafetorium, Doral FL 33172	N\A
10/4/13	KYN End of Year Match Up	<b>Police HQ - 10 AM to 2 PM</b> 9105 NW 25 St Cafetorium, Doral FL 33172	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/9/13	KYN End of Year Match Up & Flu Shots	<b>SPCC - 10 AM to 3PM</b> 111 NW 1st Street, Lobby	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/10/13	KYN End of Year Match Up & Flu Shots	<b>MLK - 10:30 AM to 2:30 PM</b> 2525 NW 62nd St 2nd Floor Conf. Rm #1	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/11/13	KYN End of Year Match Up & Flu Shots	<b>OTV - 10 AM to 2PM</b> 701 NW 1st Court, 1st Floor Training Rm, 33136--	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/15/13	KYN End of Year Match Up & Flu Shots	<b>RDPCC - ITD 10 AM-2 PM</b> 5680 SW 87 Ave, 1st Floor Command Ctr Conf Rm, Miami FL 33173	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/18/13	KYN End of Year Match Up & Flu Shots	<b>Water &amp; Sewer - 10 AM to 2 PM</b> <b>Douglas HQ - 3071 SW 38th Ave Room # 156A,</b> Miami 33146	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/24/13	KYN End of Year Match Up & Flu Shots	<b>Aviation 10 AM to 2 PM</b> Miami Intl Airport Conc. D Auditorium-4th Floor	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/30/13	KYN End of Year Match Up	<b>Permitting &amp; Inspection Center 7:30 AM to 11:30 AM</b> 11805 SW 26th St. Conf Rm I/J	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>