

SPRING INTO WELLNESS FAIR

PRESENTED BY MAYOR CARLOS A. GIMENEZ

FRIDAY, APRIL 26, 2013
FROM 10 A.M.-3 P.M.

JOIN US FOR THIS FUN AND EXCITING EVENT!

- The newest and latest information on wellness initiatives and trends
- Educational material
- Obstacle courses
- Exercise demonstrations
- Live entertainment
- Food trucks
- Vendor giveaways
- Discounted vendor products
- And much more!

Location:

Stephen P. Clark Government Center
Lobby, Atrium and Courtyard
111 NW 1st Street, Miami

For inquiries email: employeehealthcenter@miamidade.gov



SPRING INTO WELLNESS FAIR

BROUGHT
TO YOU BY
MIAMI-DADE
COUNTY

It's all under one roof: This 3-in-1 mega fair will combine the County's Employee Health Fair, the Employee Discount Fair and the First Spring into Wellness Fair.

Additionally, the County's Wellness Initiative and 305Fit Wellness Magazine, sponsored by the Mayor's Office, will reveal the new outdoor "Walking Trail" at the Government Center— a sustainable initiative created for the enjoyment of County employees and the community.

EVENT TAKEAWAYS

Recognizing that a healthy workforce yields strong benefits to all, we welcome spring by offering the newest and latest information on Wellness Initiative and trends. Join us and enjoy great food, music and fun activities sponsored by County Departments and private businesses that will be showcasing their products and promotions.

WHO SHOULD ATTEND?

Everyone is welcome!

All Miami-Dade County employees, surrounding businesses, human resources professionals, local school students and educators, and the community at-large are welcome to participate.

ABOUT THE EXHIBITORS

This mega fair will feature health and wellness vendors, representatives from several health care providers such as AvMed, and affiliates of the Department of Health. The Employee Wellness Center will also host a group of local businesses that will showcase several activities. The Miami-Dade Parks, Recreation and Open Spaces Department will hold fun activities and showcase some of their outdoor programs.

This will be a great forum for the audience to enroll in upcoming events, interact with local vendors, learn about their services and to provide them meaningful feedback.

**The event is another initiative by Miami-Dade County
in its effort to promote physical activity, health and wellness.**



SPRING INTO WELLNESS FAIR

April 26, 10am - 3pm, SPCC West Lobby (next to Bottega Cafe)

FREE SCREENINGS FOR COUNTY EMPLOYEES

- BLOOD PRESSURE
- BODY MASS INDEX
- CHOLESTEROL
- GLUCOSE
- BONE DENSITY
- VISION & DENTAL SCREENINGS

ADDITIONAL SERVICES

VISIT OUR NUTRITIONIST FOR HEALTHY EATING TIPS. REDUCE STRESS WITH A RELAXING CHAIR MASSAGE

AvMED
HEALTH PLANS

Humana

DELTA DENTAL



WWW.305FIT.ORG

SAVINGS, SAVINGS, SAVINGS!!!

Miami-Dade County Employee Discount Fair



What: Employee Discount Fair

When: Friday, April 26, 2013
9:30 a.m. - 2:30 p.m.

Where: Stephen P. Clark Center Lobby
111 NW 1st Street, Miami FL 33128

Cost: *FREE!*

Brought to you by our Premiere Sponsors:
Dade County Federal Credit Union & 305 Plastic Surgery

Who will be at the fair on event day?

- 305 Plastic Surgery
- 24 Hour Fitness
- AAA Auto Club
- ACS Cancer Prevention Study - 3
- Advanced Chinese Acupuncture & Herb
- Aflac
- AIG/AGLA
- Alberto Cortes Cosmetics & Perfumes
- American Healthy Weight Alliance
- Arsht Center
- Ashford University
- AT&T
- AXA Advisors
- Bank of America
- BJs Wholesale Club
- Carnival Cruise Lines
- Center for Radiant Health
- Children & Families Dental Center
- Citibank
- Consolidated Credit Counseling
- Coral Gables Acupuncture
- CruiseOne
- Dade County Federal Credit Union
- Dynamic Chiropractic Center
- Florida International University
- Florida Health, Miami-Dade County
- Healthy Xpress
- ICMA-RC
- JC Eyewear
- LA Fitness
- Living Room Community Acupuncture
- Macy's Optique at the Falls
- Madame Earth Aromatic Dynasty
- Mary Kay
- Memorial Plan
- Miami Dolphins
- Miami Marlins
- Mobile Chiropractic
- MKS Auto
- Mystic Cottage
- New Dawn Charters
- Organo Gold
- Party2Much Party Rentals
- Pearl Vision
- Pettus & Dawkins
- Primecard
- Provident Funding
- Sam's Club
- SeaWorld Orlando & Busch Gardens Tampa
- Sprint
- SunTrust
- Tempting Accessories
- Thirty-One Gifts
- T-Mobile
- VPI Pet Insurance
- Wellness Center of London Square
- Wells Fargo
- Wise Choice Tutoring
- Wow Miami Flowers & Gifts
- Yoham Kendall Area Chiropractic
- Your FRS

Visit <https://secure.miamidade.gov/enet/wps/portal/discounts/>
Check back every week for the latest discounts and savings!

