

MDC 2013 Wellness Program Event Calendar - April

Date	Event Description	Location\Time	Screenings
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
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	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 Mega Fair Official Opening of SPCC Walking Trail - Featured Activities: Music, Food Trucks, Zoo Miami Show, Farmers Market, Exercise Demos, Wellness Products, plus much more...	SPCC - 10 AM to 3 PM 111 NW 1st Street, 33128, Lobby, Atrium & Courtyard	AvMed Screenings in EWC Training Rm- TtlChol/HDL Ratio, Glucose; Bone Density, BP, massage therapists.

