

MDC 2013 Wellness Program Event Calendar - May & June

Date	Event Description	Location\Time	Screenings
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
6/21/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 7:00 AM to 8:00 AM South Dade Landfill--24000 SW 97th Ave Miami FL 33190	N\A
6/27/13	Health Fair	Public Works & Waste Mgt -6:30 AM to 9:30 AM -- 58 Street Ops , 8831 NW 58th St., 33178-	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI

