

## MDC 2014 Wellness Program - Event Calendar

Date	Event Description	Location\Time	Screenings
4/9/14	Mini Health Fair	<b>MDT Central Garage- 9AM - 1PM</b> 3300 NW 32 Ave, Driver's Room-1st FL Miami FL 33142 - Contact: Chief Sandra Washington, (305) 638 7465, Snovia Washington (305)638-7477	Health screenings-BP, glucose, cholesterol, BMI, vision. Educational literature, chair massage
4/16/14	Mini Health Fair	<b>MDT Coral Way - 9AM - 1PM</b> 2775 SW 74 Ave, Driver's Room 2775 SW 74TH AVE, Miami FL 33155- Contact: Acting Chief Orlando Aleman (305) 263-5508, Andrea Fowler (305) 263-5500	Health screenings-BP, glucose, cholesterol, BMI, vision. Educational literature, chair massage
4/17/14	Embrace Better Health - Know Your Health Plan	<b>SPCC - 12 PM to 1 PM</b> 111 NW 1st Street, Rm 18-3, Miami 33128	N\A
4/18/14	Mini Health Fair	<b>MDT NE Garage- Bus Ops - 9AM - 1PM</b> 360 NE 185 St., Driver's Rm 1st Fl Miami FL 33179- Contact: Acting Chief Sandra Wells, (305) 654-6572, Tina Hyman (305) 654-6533 or Quencia Ford (305) 654-6579	Health screenings-BP, glucose, cholesterol, BMI, vision. Educational literature, chair massage
4/22/14	Embrace Better Health - Know Your Health Plan	<b>OTV - 1 PM to 2 PM</b> 701 NW 1st Court, 1st Floor Training Rm, 33136-- Contact: Kepler Louis -MDT (786) 469-5223	N\A
4/29/14	Embrace Better Health - Know Your Health Plan	<b>ITD - 1:30 PM-2:30 PM</b> 5680 SW 87th Ave. 1st Fl Conf Rm (Command Ctr) Miami, FL. 33173	N\A
4/30/14	Stress Mgmt & Mental Health	<b>Seaport - 12 Noon to 1:00pm Admin. Building- 5th Floor</b> Contact: Elisa Crespo (305) 347-4874	N\A
5/8/14	Nutrition & Organic Foods	<b>SPCC -11:00- 12:00 PM</b> Room 18-3	N\A
5/15/14	"Spring into Wellness" Mayor's Mega Fair	<b>SPCC - 10 AM to 2 PM</b> 111 NW 1st Street, Lobby, 33128-(Screenings in EWC Training Room)	AvMed - TtIChol/HDL Ratio, Glucose; Bone Density, BP, chair massage, chiropractic posture screening.
5/21/14	Work Place Exercise & Keeping Fit	<b>Seaport - 12 Noon to 1:00pm Admin. Building, 2nd Floor</b> - Contact: Elisa Crespo (305) 347-4874	N\A
6/4/14	Nutrition & Reducing Salt Intake	<b>Seaport - 11:30 am to 12:30 pm</b> Maintenance Building lunch room, Contact: Elisa Crespo (305) 347-4874 Need accurate count by Feb 14	N\A, boxed lunches
6/5/14	Diet and Exercise	<b>MLK Office Plaza - 9:30AM – 10:30AM</b> 2525 NW 62nd Street, 5th Floor, Room 5600 Contact: Denna Starks (305) 514-6703.	N\A
6/12/14	Health Fair	<b>Public Works &amp; Waste Mgt - 6:30 AM to 9:30 AM</b> 3B Ops, 8000 SW 107 Ave, 33173- Contact; Denna Starks (305) 514-6703, Patrick Chavire (305) 375-2742.	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI

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6/18/14	Diet and Exercise	<b>Public Works &amp; Waste Mgt</b> -2:00PM– 3:00PM Road, Bridge & Canal – Lunch Rm, 9301 NW 58th Street- Contact: Denna Starks (305) 514-6703	N\A
6/19/14	Diet and Exercise	<b>Public Works &amp; Waste Mgt</b> -7:00AM– 8:00AM 3A Garbage Ops and Northeast Transfer, 18701 NE 6th Avenue, 33179 - Contact: Denna Starks (305) 514-6703.	N\A
6/26/14	Health Fair	<b>Public Works &amp; Waste Mgt -6:30 AM to 9:30 AM --</b> 58 Street Ops, 8831 NW 58th St., 33178-Contact; Denna Starks (305) 514-6703.	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
7/25/14	Stress Release Day	<b>SPCC - 10 AM to 2 PM</b> 111 NW 1st Street, Rm 18-4, Miami 33128	Massage & literature on stress mgmt, alternative medicine network
8/14/14	Nutrition Seminar (Reading Labels)	<b>Public Works &amp; Waste Mgt - 8:00 AM to 9:00 AM --</b> 58th Street Trash Ops, Assembly Room, 8831 NW 58th St, 33178- Contact; Denna Starks (305) 514-6703,	N\A
8/21/14	Nutrition Seminar (Reading Labels)	<b>Public Works &amp; Waste Mgt - 7:00AM–8 :00AM</b> 58th Street Garbage Ops, 8831 NW 58th St., 33178 - Contact: Denna Starks (305) 514-6703.	N\A
9/4/14	Diabetes Seminar	<b>Public Works &amp; Waste Mgt - 7:00 AM to 8:00 AM</b> 3B Garbage Ops, 8000 SW 107 Ave, 33173--Contact: Denna Starks (305) 514-6703,	N\A
10/3/14	Health Fair & Flu Vaccines	<b>Police HQ - 10 AM to 2 PM</b> 9105 NW 25 St Cafetorium, Doral FL 33172 Contact: Maite Hernandez (305) 471-2537	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI
10/21/14	Health Fair & Flu Vaccines	<b>Aviation - 10 AM to 2 PM</b> Miami Intl Airport Conc. D Auditorium-4th Floor. Contact: Sandra I. Jackson	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI