

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, 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, 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, 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, 33173	N/A
3/20/13	Know your Numbers (KYN) - "Path to a Healthier You" Health Fair	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, 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, MDFR Training Facility Rm 2-002	AvMed - TtIChol/HDL Ratio, Glucose; Bone Density, BP, massage therapists

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4/4/13	Nutrition & Reducing Salt Intake - Seminar	Public Works & Waste Mgt - 7:00 AM to 8:00 AM -- 58th Street Garbage Ops, Assembly Room, 8831 NW 58th St, 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, Assembly Room, 8831 NW 58th St, 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 2775 SW 74TH AVE, 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	N/A
4/26/13	Mayor's Spring into Wellness (3 in 1 Mega Fair)	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 11:00 AM to 12:00 PM 2525 NW 62nd St 2nd Floor Conf. Rm #1 --	N/A
6/6/13	Stress Management	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

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6/11/13	Workplace Exercise (Keeping Fit)- Seminar	Aviation - 11 PM to 12 PM MIA - North Terminal, Concourse D, 4th FL Aud.	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,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
7/11/13	Medication Compliance - Seminar	SPCC - 11 AM to 12 PM 111 NW 1st Street, Rm #18-4 , Contact:	N/A
7/16/13	Stress Mgt & Mental Health - Seminar	OTV - 11 AM to 12 PM 701 NW 1st Court, 1st Floor Training Rm, 33136	N/A
7/19/13	Nutrition & Reducing Salt Intake - Seminar	Police HQ - 11 AM to 12 PM 9105 NW 25 St Cafetorium, Doral FL 33172	N/A
10/3/13	Flu Vaccines	Transit Central Garage - 9AM to 11AM 3300 NW 32 Avenue, Driver's Room, 1st Floor	Flu shots only

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Date	Event Description	Location\Time	Screenings
10/4/13	KYN End of Year Match Up & Flu Vaccines	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, Flu shots .
10/9/13	Flu Vaccines	SPCC - 10 AM to 3PM 111 NW 1st Street, 18-A	Flu shots only
10/10/13	KYN End of Year Match Up & Flu Vaccines	MLK - 10:30 AM to 2:30 PM 2525 NW 62nd St 2nd Floor Conf. Rm #1 --	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu shots .
10/11/13	KYN End of Year Match Up & Flu Shots	OTV - 10 AM to 2PM 701 NW 1st Court, 1st Floor Training Rm, 33136	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu shots .
10/15/13	KYN End of Year Match Up & Flu Vaccines	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, Flu shots .
10/16/13	Flu Vaccines	Seaport - 1 PM to 3PM 1015 North America Way, 2nd FL Conf Rm	Flu shots only
10/17/13	Flu Vaccines	Transit Lehman Center - 9AM to 11AM 6601 NW 72 Ave, Breezeway	Flu shots only
10/18/13	Mayor's Fall into Wellness Fair & Know Your Numbers - End of Year Match Up	SPCC - 10 AM to 3PM 111 NW 1st Street, Screenings in EWC Training Room 1st FL.	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu shots
10/21/13	KYN End of Year Match Up & Flu Vaccines	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, Flu shots .
10/23/13	Flu Vaccines	Transit Coral Way - 12PM to 2PM 2775 SW 74 Ave., Driver's Room, 1st Floor.	Flu shots only
10/24/13	KYN End of Year Match Up & Flu Vaccines	Aviation 10 AM to 2 PM MIA - North Terminal, Concourse. D, 4th FL Auditorium.	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu shots .

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10/25/13	Flu Vaccines	Transit NE Garage - 10AM - 12PM 360 NE 185 St., Driver's Room 1st Floor.	Flu shots only
10/29/13	Flu Vaccines	So. Dade Govt. Ctr. - 9AM to 11AM 10710 SW 211 St., Rm 104.	Flu shots only
10/30/13	KYN End of Year Match Up & Flu Vaccines	Permitting & Inspection Center 7:30 AM to 11:30 AM 11805 SW 26th St. Conf Rm I/J	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu shots.