

### Team reptile or team mammal - you decide. "Go Wild and Thrive" and come enjoy a day of fitness and family fun at Zoo Miami, 12400 SW 152 Street, Miami, FL 33177, on Nov 4, 2023, from 7am - 1pm. Walk or Run your way in the 5k and explore the additional adventurous offerings with your county family. Registration is open and

PRESENTED BY MAYOR DANIELLA LEVINE CAVA

**Register now** For more Information Mind and Mood – "Well-Being Challenge"

and Mood challenge!

your emotional health with the Mind

### Challenge Runs: September 4-30



## Click here for Recipe

### Two less common forms of the disease are Type 1 diabetes, an autoimmune disorder that causes the body to attack its own insulin-producing cells, and gestational

disease," said Ruchi Mathur, MD, director of the Diabetes Outpatient Treatment and Education Center and a professor in the Department of Medicine at Cedars-Sinai.

diabetes, which can develop during pregnancy. The American Diabetes Association is now recommending that all adults with risk factors be screened with a test for prediabetes and Type 2 diabetes starting at age 35, instead of age 45. "It is more important than ever, as disease rates are on the rise, that people get screened. Those who are overweight, in their 40s, or are from ethnic or racial groups we know are at a high risk should be getting screened for high blood sugar during their annual exam with their doctor," said Mathur, an endocrinologist. **Learn More** 



LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

2 jump squats

2 push-ups

10 squats

10 shoulder taps

20 high knees

20 high knees

20 high knees 10 flutter kicks 2 leg raises **Read More** 

## submit high quality images to wellnessworks@miamidade.gov.

family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please

3A Garbage Ops – 18701 NE 6th Avenue, North Miami Beach, FL **Aviation** 8/10/2023 11 am – 12 pm Building 5A 4200 NW 36th Street, Miami, FL. Overtown Transit Village, North 8/15/2023 11 am - 12 pm 701 First Floor Conference Room - Front RM. 130

> Dept. Transportation and Public Works 8/17/2023 10 am - 3 pm Central Garage, 3300 NW 32nd Ave., Miami, FL

Miami-Dade Police Department 8/31/2023 11 am - 12 pm MDPD HQ - 9105 NW 25 Street, Miami, FL PMB Classroom - Room 1104

8/2/23 10:30 am - 2:30 pm 1015 N. America Way in the Atrium Office of the Tax Collector 8/3/23 10 am - 2 pm

to adapt to changes positively. Emotional resilience refers to one's ability to adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor.

Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback.

If you, a family member or a team member are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, please feel free to reach out to our team at Miami-Dade Employee Assistance Program (EAP). The EAP is providing virtual and on-site assessments and support for all employees that are in need of assistance. Please call 305-375-3293 or email me at Jessica. Hughes-Fillette@miamidade.gov. The hours of operation are Monday-

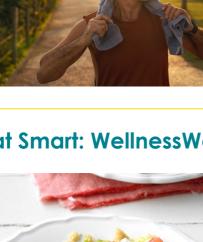
> For more information visit WellnessWorks Resources (miamidade.gov) or email <u>wellnessworks@miamidade.gov</u>

WELLNESS WORKS MIAMI-DADE COUNTY

23-17383 August 2023

# "Your life only gets better when you do. Work on yourself and the rest will follow." - Unknown

# ends September 22. Busy life, busy mind, keep on top of



Registration Opens: August 28 on www.Healthyroads.com

Eat Smart: WellnessWorks Coach Nutrition Corner Salmon with Tomato-Goat

most common form of the metabolic disorder, according to the Centers for Disease Control and Prevention. An additional 96 million adults have prediabetes and most of them are unaware they are developing a serious chronic disease. "Diabetes develops when the body's response to insulin is impaired, or when there isn't enough insulin, a hormone produced by the pancreas that regulates blood sugar levels. When this happens, too much sugar stays in the bloodstream. This can lead to

**August Diabetes Awareness** 

goat cheese!

**Cheese Couscous** 

### For adults, getting less than seven hours of sleep a night on a regular basis has been linked with poor health, including weight gain, having a body mass index of 30 or higher, diabetes, high blood pressure, heart disease, stroke, and depression. Click here for more information Workout of the Month



### Stephen P. Clark Center 8/1/2023 12 pm - 1 pm 111 NW 1st St, Miami, FL

**Miami Dade Corrections** 8/2/2023 11 am - 12 pm 3505 N.W. 107th Avenue, Doral, FL

Dept. Solid Waste Management 8/8/2023 6 am – 8:30 am

This month, MDC employees at the Seaport and Office of Tax Collector Department enjoyed different hydration options to help them cool off and stay healthy this summer.

**Emotional Wellness Reminder:** 

Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways. Friday from 8:00 am to 5:00 pm.

Enjoy this delicious dish that delivers a healthy dose of Omega-3s from the salmon, which promotes heart health and brain function, and an added burst of flavor from the tomatoes and

serious health problems, including heart disease, stroke, vision loss, and kidney

DAREBEE WORKOUT © darebee.com

**Wellness Educational Workshops and Beat the Heat Summer Campaign** Join the Wellness team at a monthly in-person workshop. Stay up to date with

relevant health and wellness topics to help you achieve a healthy lifestyle.

Beat the Heat and Cool Summer Series Events.

Seaport

200 NW 2nd Avenue, Miami, FL

This month we focus on emotional resilience and how we can increase our ability

Stephen P. Clark Center, 111 NW First Street, Miami, FL 33128 | Contact | Privacy Policy