

W 2017 Wellness Event Calendar

	#	Date	Event	Location\Time
January	1	1/5/16	Wellness/ Health Plan Education Session	PIC-Building and Permitting 8AM-9AM 11805 SW 26 Street confer room I & J
	2	1/6/17	The Key to your departments Mental Health	MLK- 9:30AM-11:30AM 2525 N.W. 62nd Street, Conference Room #5600 on the 5th Floor, Miami, FL. 33147
	3	1/12/17	Wellness/ Health Plan Education Session	So. Dade Govt. Ctr. - 12:30PM to 1:30PM 10710 SW 211 St., Rm 104.
	4	1/13/17	The Key to your departments Mental Health	MLK- 9:30AM-11:30AM 2525 N.W. 62nd Street, Conference Room #5600 on the 5th Floor, Miami, FL. 33147
	5	1/18/17	Wellness/ Health Plan Education Session	SPCC - 11AM to 12PM 111 NW 1st Street, 18th Floor , Miami 33128
	6	1/23/17	Individual PHA Challenge Launch	Virtual- All Departments All employees that complete their PHA from January 1- Feb 23 will earn a \$20 incentive reward (subject to taxes) and be entered into a raffle to win additional prizes.
February	7	2/2/17	**Biometric Screening	PROS - 10AM -2PM 275 NW 2nd Street, 3rd Floor training room, Miami, FL 33128
	8	2/8/17	Transit New Hire Training: <i>Healthy Eating on the Go</i>	MDT- Central Garage - 9am-9:45am 3300 N.W 32 Avenue Miami, FL – Room TBA
	9	2/13/17	**Biometric Screening	Waste Mgmt -6:45 AM to 10:45 AM 3B Ops, 8000 SW 107 Ave, 33173
	10	2/15/17	**Biometric Screening	MDT Coral Way - 10AM - 2PM 2775 SW 74 Ave, 2775 SW 74TH AVE, Miami FL 33155
	11	2/14/17	**Biometric Screening	MLK- 10AM-2PM 2525 N.W. 62nd Street, Conference Room #5600 on the 5th Floor, Miami, FL. 33147
	12	2/16/17	**Biometric Screening	Waste Mgmt. - 6:45 AM–10:45 AM 58th Street Garbage Ops, 8831 NW 58th St., 33178
	13	2/21/17	**Biometric Screening	MDT NE Garage- Bus Ops – 10AM - 2PM 360 NE 185 St., Miami FL 33179-Room TBA
	14	2/22/17	**Biometric Screening	MDT- Central Garage - 10am-2pm 3300 N.W 32 Avenue Miami, FL – Room TBA
	15	2/23/17	**Biometric Screening	MDT Lehman Center 10AM-2PM 601 NW 72 Ave, Miami, FL- Room TBA

March	16	2/26/17	Walk Your Way to a Healthy Heart-Steps Challenge- Feb 26- March 25th	Virtual- All Departments Online steps challenge through the AvMed wellness portal. - 4 week challenge - 3,333 average steps per day/30days Steps will be tracked on the "wellness challenges" tab dropdown https://www.avmed.org/web/mdc/wellnessworks/program
	17	3/1/17	**Biometric Screening	So. Dade Govt. Ctr. - 10AM to 2PM 10710 SW 211 St., Rm 104. Contact: John Fritz, (305) 232-3831 or (786) 493-2458
	18	3/3/17	Transit New Hire Training: <i>Diabetes on the Rise: What You Need to Know</i>	MDT- Central Garage - 9am-9:30am 3300 N.W 32 Avenue Miami, FL – Room TBA
	19	3/9/17	**Biometric Screening	MDT- Public Works 12:30pm-4:30pm 9301 N. W. 58th Street, Miami, FL – Lunch Room
	20	3/13/17	Transit New Hire Training: <i>Cardiovascular Health-Eating For Your Heart</i>	MDT- Central Garage - 9am-9:30am 3300 N.W 32 Avenue Miami, FL – Room TBA
	21	3/15/17	**Biometric Screening	Seaport - 11AM to 3PM 1015 North America Way, 2nd FL Conf Rm
	22	3/16/17	**Biometric Screening	MDPD Training Facility- 10:30AM to 2:30PM 9601 NW 58 St. Doral, FL 33178-Gymnasium
April	23	4/13/17	**Biometric Screening	Water & Sewer - 10AM to 2PM Douglas HQ - 3071 SW 38th Ave Room # 156A, Miami 33146 Contact:
	24	4/26/17	**Biometric Screening	ITD 10AM-2 PM 5680 SW 87 Ave, 2nd Floor Break Rm, Miami FL 33173
	25	4/23/17	Steps Challenge - April 23- May 20	Virtual- All Departments Online steps challenge through the AvMed wellness portal. - 4 week challenge - 4,666 average steps per day/30days Steps will be tracked on the "wellness challenges" tab dropdown https://www.avmed.org/web/mdc/wellnessworks/pr
26	4/27/17	Mercedes Benz Corporate Run	SPCC Registered participants meet at the Employee Wellness Center.	
27	5/1/17	Department PHA Challenge Launch- June 5-June 30	Virtual- All Departments All employees that complete their PHA from June 5- Feb 30 will earn a \$20 incentive reward (subject to taxes). The department that has the highest number of employees complete a pha by the end of June 30th will win a day of wellness.	
28	5/3/17	**Biometric Screening	PIC- 7:30AM-11:30 AM 11805 SW 26 Street confer room I & J	

May

29	5/10/17	**Biometric Screening	OTV - 10AM to 2PM 701 NW 1st Court, 1st FL Training Rm, 33136-
30	5/12/17	**Spring into Wellness Mayor's Mega Fair	SPCC - 9am-2pm 111 NW 1st Street, Lobby, 33128-(Screenings in EWC Training Room)
31	5/16/17	**Biometric Screening	Police HQ -9AM-1PM 9105 NW 25 St Cafeteria, Doral FL 33172.
32	5/25/17	**Biometric Screening	Aviation - 10AM to 2PM MIA, Concourse D Auditorium, 4th Floor