



April 2017



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

ONE step at a time...**ONE** day at a time. A monthly roadmap to **YOU**, improved.

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



SPRING INTO WELLNESS FAIR

Returning **May 12**, 11 am-6 pm, at the Stephen P. Clark Center, the Spring Into Wellness Fair brings back a variety of merchants showcasing their products and services, local farmer's market, food trucks, entertainment, biometric screenings from AvMed, and fun for the entire family. Employees can earn Wellness Works points and prizes by participating in the scavenger hunt and wellness stations. We have extended hours for your convenience. Join us for this day of fun.



PRENATAL PROGRAM



Whether you're expecting your first child or your third, receiving prenatal care during your entire pregnancy results in healthier moms - and healthier babies. The maternity program through Wellness Works offers free confidential consultations with a prenatal advisor. You'll learn about healthy habits that will lead to a healthier pregnancy with fewer complications. These services are available to employees and family members, covered by AvMed.

For more information, contact
WWPrenatalCoach@AvMed.org.

NATIONAL INFANT IMMUNIZATION WEEK

National Infant Immunization Week is set for April 22-29, 2017. Several important milestones already have been reached in controlling vaccine-preventable diseases among infants worldwide.

Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. In addition:

- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- In the 1950's, nearly every child developed measles, and unfortunately, some even died. Today, many practicing physicians have never even seen a case of measles.
- Routine childhood immunization in one birth cohort prevents about 20 million cases of disease and about 42,000 deaths. It also saves about \$13.5 billion in direct costs.



* The National Immunization Survey shows that childhood immunization rates remain at or near record levels.

Source: <https://www.cdc.gov/vaccines/events/niw/overview.html>

APRIL EVENTS

Date	Event	Location
Saturday April 15, 2017	The Super Run 5K - Ft. Lauderdale	<ul style="list-style-type: none"> • Markham Park • 16001 W. State St. 84 Sunrise, FL 33326
Saturday April 15, 2017	Splash Dash 5K Run, Walk & Family Fun Run	<ul style="list-style-type: none"> • Huizenga Plaza • 300 East Las Olas Blvd Fort Lauderdale, FL 33301
Saturday April 22, 2017	Legacy 5K Run & Walk	<ul style="list-style-type: none"> • Bill Baggs State Park • 1200 S Crandon Blvd Key Biscayne, FL 33149
Thursday April 27, 2017	Mercedes Benz Corp. Run	<ul style="list-style-type: none"> • Starts: 6:45 pm • Location: 301 Biscayne Blvd. Miami, FL



Deputy Mayor Russell Benford

HEALTHY SELFIE

Deputy Mayor Russell Benford showing his support in his stylish Wellness Works t-shirt.

Have you made fitness part of your lifestyle? Share a photo of yourself enjoying a favorite sport or form of exercise and you will be entered in a raffle to win a prize.

Email photos to **WellnessWorks@Miami-Dade.gov**

ZESTY SHRIMP & BLACK BEAN SALAD



Ingredients

- ¼ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced chipotle chili in adobo or more to taste
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 pound peeled and deveined cooked shrimp cut into ½-inch pieces
- 1 15-ounce can black beans, rinsed
- 1 cup quartered cherry tomatoes
- 1 large Poblano pepper or bell pepper, chopped
- ¼ cup chopped scallions
- ¼ cup chopped fresh cilantro

Directions

Whisk vinegar, oil, chipotle, cumin and salt in a large bowl. Add shrimp, beans, tomatoes, Poblano (or bell pepper), scallions and cilantro; toss to coat. Serve room temperature or cold.

Make Ahead Tip: Cover and refrigerate for up to 1 day.

Source: www.eatingwell.com