



May 2017




WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



JOIN THE HUNT

County employees have the opportunity to participate in the Wellness Works Scavenger hunt on May 12 at the *Spring Into Wellness Fair*. You can hydrate at the **Smoothie Charging Station**, wind down with a massage, learn your biometrics, strike a pose at the **Zen Den**, visit **Virtual World**, and find your **Happy Place**. These are just some of the stops on the scavenger hunt. Be sure to look and follow the .

Turn in your completed scavenger hunt card for a chance to spin the prize wheel! Grand prizes include a bicycle, an iPad, and more! There will also be live entertainment, food trucks, a farmers market, and a variety of merchants! With the new extended hours from 11 am-6 pm, there is plenty of time to explore. <http://www.miamidade.gov/humanresources/library/wellness-flyers/spring-into-wellness-fair-2017.pdf>



Osteoporosis Awareness & Prevention Month



In the United States alone, approximately eight million women and two million men have osteoporosis—a disease that causes deterioration of bone tissue and can lead to bone fragility as well as an increased risk of fractures. It's considered a "silent disease," because sufferers can remain symptom-free for many years, often until the event of a fracture or major break. If you have osteoporosis, you know first hand the toll it can take on both your physical and emotional well-being.

TIPS TO INCREASING BONE STRENGTH

Even if you've already been diagnosed with osteoporosis, you can help to increase your bone strength and prevent further bone loss. For practical tips for living healthier and a more fulfilling life with osteoporosis, following the link below.

https://sites.qualityhealth.com/guides/osteoporosis/?ref=googlesearch&tag=ad1&gclid=CMCP_vHm1tICFVIGHgodNAcBxA

CONTROLLING ASTHMA



People who suffer from asthma and allergies often experience noticeable physical symptoms during this month. Taking early preventive action can improve the quality of life for asthma and allergy sufferers.

Millions of people in the United States have asthma which can cause wheezing, breathlessness, chest tightness, and coughing. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes. To learn more about how you can control your asthma, visit CDC's asthma site:

https://www.cdc.gov/asthma/world_asthma_day.htm or <http://www.aafa.org/>.

MAY EVENTS

Date	Event	Location
Thursday, May 11, 2017	FULL Moon 5k-Trail Run	Amelia Earhart Park, 401 East 65th Street Hialeah, FL 33012
Friday, May 12, 2017	Spring Into Wellness Fair	Stephen P. Clark Center
Saturday, May 13, 2017	SNDHaiti 5K for Hope Run/Walk	3600 W. Sample Rd., Coconut Creek, FL 33066
Saturday, May 13, 2017	The Miami Clean 5K - Vol.2	Tropical Park, 7900 Bird Road, Miami, FL 33155
Sunday, May 14, 2017	Mother's Day 5K	Vista View Park, 4001 SW 142nd Ave., Davie, FL 33330



Left to Right: Griselle Marino, Melissa Brown, Keith Root, Jaime Shycko, Alette Gomez, Francheska Salguero, Mary Trujillo, Jeanette Perez, Stefany Tomas, Bianca Hanlon, Stephanie Katz, Angie Suarez, Adam Mullins, and Richard Whitcomb. (First Row) Shawn Hinchey and Allan Nichols.

HEALTHY SELFIE

County Communicators become trendsetters

In response to the April 2017 request for a selfie wearing your favorite sports team t-shirt, our Communications Department staff took it a step further collecting \$1 to be part of a group photo in order to fundraise for United Way, at the same time participating in a team-building exercise. We invite you and/or your department to join our Healthy Selfie campaign; email photos to WellnessWorks@Miami-Dade.gov

PEPPER-JACK CHICKEN WITH SUCCOTASH

Simple but vibrant succotash accompanies this spicy chicken stuffed with pepper Jack cheese and fresh arugula.



Ingredients

- 4 ounces pepper-jack cheese, shredded
- 2 cups baby arugula, roughly chopped
- 2 large skinless, boneless chicken breasts (12 ounces each)
- 1 tablespoon olive oil, plus more for brushing
- Kosher salt
- 1 1/2 to 2 tablespoons Cajun spice blend
- Vegetable oil, for the grill
- 1 cup lima beans
- 1 medium yellow summer squash, diced
- 2 cups corn kernels
- 1 cup grape tomatoes, halved
- Juice of 1 lime

Directions

Combine the cheese and arugula in a bowl. Cut a deep 2-inch-wide pocket in the thickest part of each chicken breast. Stuff with the arugula mixture. Brush with olive oil and season with salt and the Cajun spice blend.

Preheat a grill to high and brush the grates with vegetable oil. Grill the chicken until blackened and a thermometer inserted into the thickest part registers 155 degrees F (about 8 to 10 minutes per side). Transfer to a cutting board.

Meanwhile, heat 1 tablespoon olive oil in a skillet over high heat. Add the lima beans, squash and corn, season with salt and cook until the squash is just tender, 2 to 3 minutes. Add the tomatoes and cook 2 more minutes. Remove from the heat and stir in the lime juice. Slice the chicken and serve with the succotash

<http://www.foodnetwork.com/recipes/food-network-kitchen/pepper-jack-chicken-with-succotash-recipe>