

May 2018

W WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



PRESENTED BY MAYOR CARLOS A. GIMENEZ

Friday, May 11, 2018 • 10 a.m. - 3 p.m.

Stephen P. Clark/Government Center
Downtown Miami
111 NW 1st Street, Miami, FL 33128
Event held in Atrium and West Courtyard

Meet Meteorologist Dave Warren
from CBS4, noon to 2 p.m.



Join us to enjoy...

- Free health and educational information
- Local farmers market & food trucks
- Products, goods and services
- Entertainment and fun activities
- Contests and giveaways and much more...



SCREENINGS



FOOD



PRIZES

For inquiries email: discountinfo@miamidade.gov
or wellnessworks@miamidade.gov
#springintowellness



SPOTLIGHT ON WOMEN'S MENTAL WELLNESS:

If you are a woman experiencing depression, an anxiety disorder or another mental health condition, you are not alone. According to a recent survey by the Substance Abuse and Mental Health Services Administration, 29 million American



women, or about 23 percent of the female population, have experienced a diagnosable mental health-related disorder in the last year alone. And those are just the known instances. Experts say that millions of other cases may go unreported — and untreated.

Some mental health conditions occur more often in women and can play a significant role in the state of a woman's overall health. Mental health conditions more common in women include:

- **Depression.** Women are twice as likely as men (12 percent of women compared to 6 percent of men) to get depression.
- **Anxiety and specific phobias.** Although men and women are affected equally by such mental health conditions as obsessive-compulsive disorder and social phobias, women are twice as likely as men to have panic disorder, generalized anxiety and specific phobias.
- **Post-traumatic stress syndrome (PTSD).** Women are three times as likely to experience emotional and sexual trauma and twice as likely to develop PTSD following a traumatic event.

Returning **May 11th** at the Stephen P. Clark Center, the **Spring Into Wellness Fair** brings back a variety of merchants showcasing their products and services, local farmers market, food trucks, entertainment, biometric screenings from AvMed and fun for the entire family. Earn Wellness Works points and prizes by participating in fun competitions like the human hamster ball, jousting and adult tricycle races. Come join us for this day of fun from 10 am-3pm. Be sure to stop by at noon for the announcement of the Biggest Winner! Over six hundred employees and twelve teams participated in the "Biggest Winner" weight loss challenge! The employee, from each team, who has the highest percentage of weight loss will win \$250 and the employee with the highest percentage of weight loss overall will win \$500, and be crowned the "Biggest Winner." The team with the highest percentage of weight loss wins the "Biggest Winner" trophy and bragging rights.

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HEALTHY SELFIE



Catalina Otero
South Miami-Dade
Cultural Arts Center

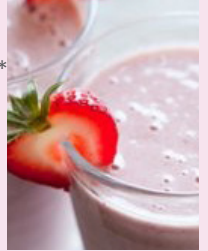
Making yoga a part of her everyday routine.

Have you made fitness part of your lifestyle? Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: **WellnessWorks@MiamiDade.gov**.

Strawberry Almond Butter Smoothie

Ingredients

- 4 ice cubes
- 8 ounces strawberries*
- 1 cup unsweetened plain almond milk
- 2 tablespoons smooth almond butter



Method:

Put ice cubes into a blender and blend until crushed. Add berries, almond milk and almond butter and blend until smooth. Pour into glasses and serve.

*You can substitute 1 cup frozen (not thawed) whole strawberries for the fresh berries. Leave out the ice if you use frozen berries.

Nutritional Info: Per Serving:

Serving size: about 1 cup, 180 calories (110 from fat), 12g total fat, 1.5g saturated fat, 75mg sodium, 13g carbohydrates, (3 g dietary fiber, 5g sugar), 9g protein.

<https://www.wholefoodsmarket.com/recipe/strawberry-almond-butter-smoothie>

Donate Life at MDRF

April was national Donate Life Month, which recognizes and celebrates individuals that participate in organ and tissue donation and transplantation. In honor of this cause, Miami-Dade Fire Rescue hosted Blue and Green Day on April 13th. This event recognized donor families, transplant recipients and transplant community partners that have directly impacted the Miami Dade Fire Rescue family. Several of MDRF's Firemen are tissue and organ recipients. Thanks to the donations of others, they are still able to serve the Miami-Dade community.



SPOTLIGHT (continued from page 1)

- **Suicide attempts.** Men die from suicide at four times the rate that women do, but women attempt suicide two or three times more often than men.
- **Eating disorders.** Women account for at least 85 percent of all anorexia and bulimia cases and 65 percent of binge-eating disorder cases.

Mental Health: Women's Symptoms Are Also Different

Even when men and women share a common mental health diagnosis, the symptoms, and subsequently the treatment, can be different. For example, a man who is depressed is likely to report job-related problems, while a woman is more likely to report physical issues, like fatigue or appetite and sleep disturbances. Unlike their depressed male counterparts, women tend to develop problems with alcohol abuse within a few years of the onset of depression. If you are struggling, or know someone who is, please contact the **MDC EAP at 305-375-3293**.

May Events

Date	Event	Location
Saturday, May. 5	Deltas on the Run 5K Run / Walk	Charnow Park, 300 Connecticut Street, Hollywood, FL 33019
Sunday, May. 6	Swim Miami 2018	Miami Marine Stadium, 3501 Rickenbacker Causeway, Miami, FL 33149
Saturday, May. 12	The Color Run Ft. Lauderdale	Huizenga Park, 32 E Las Olas Blvd., Fort Lauderdale, FL 33301
Saturday, May. 19	5th Annual Hugs For HOPE 5K Run/Walk	Markham Park, 16001 West State Road 84, Sunrise, FL 33326
Saturday, May. 26	5K-10K-TRAILRun	Amelia Earhart Park, 401 East 65th St., Hialeah, FL 33012