



September 2018



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



5K FAMILY FUN DAY



On Saturday October 20th, at Zoo Miami, WellnessWorks will celebrate the **2nd Annual 5K "Incredible" Family Fun Day**. County employees and their families can attend for only \$5 per person. The officially-timed 5K fun run and walk starts the day off at 7 a.m. and is open to all fitness levels. Activities for the entire family continue through 1:30 p.m. Zoo Miami access is included with each ticket purchased. Ticket prices increase to \$10 on September 14th. There will be no day of registration. Don't wait, register now at https://runsignup.com/Race/FL/Miami/MDC5kFamilyFunDay?utm_campaign=08-13-018.

HEALTHY SELFIE



Mariela Alvarez
Miami-Dade Water and Sewer

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.



PARKS BRINGS WELLNESS TO ALL

Join your neighbors in Miami-Dade Parks, Recreation and Open Spaces' Community Fitness Series. Funded by Target, and in partnership with the Parks Foundation of Miami-Dade, the program provides free incentivized fitness and nutrition classes that are designed for all ages and fitness levels. Classes include: Zumba, Bootcamp Fitness, Yoga, Tai Chi and Nutrition Education. The Community Fitness Series will conclude at this year's Turkey Trot 5K walk/run on November 22, 2018 at Tropical Park. The first 50 fitness series participants to sign up for Turkey Trot through the fitness series will have their registration paid for. For a list of participating parks, and information regarding the Community Fitness Series, visit <https://www.miamidade.gov/parks/community-fitness-program.asp>



FIGHT THE FLU!

With flu season just around the corner, WellnessWorks has arranged for Walgreens' representatives to administer free flu shots to Miami-Dade County Employees, with AvMed insurance. Those who participate will receive **2 FREE movie tickets**. Please visit the WellnessWorks page for the Flu and Health Fair schedule. <http://www.miamidade.gov/humanresources/wellness-program.asp>

September is National Recovery Month

- 1) **Can addiction be treated successfully?** Yes, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using drugs and resume productive lives, also known as being in recovery.
- 2) **Can addiction be cured?** Like other chronic diseases such as heart disease or asthma, treatment for drug addiction usually isn't a cure. But addiction can be managed successfully.
- 3) **Does relapse to drug use mean treatment has failed?** No. The chronic nature of addiction means that for some people relapse, or a return to drug use after an attempt to stop, can be part of the process. Relapse rates for drug use are similar to rates for other chronic medical illnesses. If people stop following their medical treatment plan, they are likely to relapse.
- 4) **How do behavioral therapies treat drug addiction?** Behavioral therapies help people in drug addiction treatment modify their attitudes and behaviors related to drug use. As a result, patients are able to handle stressful situations and various triggers that might cause another relapse.

If you or a loved one are struggling, need support or more information, please reach out to the Employee Assistance Program (EAP) at **305-375-3293**. We are located in the OTV South Building on the 15th Floor. Internal services at the EAP are **FREE and CONFIDENTIAL**.

Cranberry and Cilantro Quinoa Salad



Ingredients

- 1 1/2 cups water
- 1 cup uncooked quinoa, rinsed
- 1/4 cup red bell pepper, chopped
- 1/4 cup yellow bell pepper chopped
- 1 small red onion, finely chopped
- 1 1/2 teaspoons curry powder
- 1/4 cup chopped fresh cilantro
- 1 lime, juiced
- 1/4 cup toasted sliced almonds
- 1/2 cup minced carrots
- 1/2 cup dried cranberries
- Salt and pepper to taste

Directions

1. Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, recover and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold.
2. Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

September Events

Date	Event	Location
Sunday, Sept. 9	Runner's Depot Fire Hero 5K Run/Walk	Hollywood Beach Broadwalk, Charnow Park, 300 Connecticut Street, Hollywood, FL 33019
Saturday, Sept. 15	Naked Feet 5K 2018	Fort Lauderdale Beach Park, 1100 Seabreeze Blvd., Fort Lauderdale, FL 33316
Saturday, Sept. 22	5K-Dog Run	Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012
Saturday, Sept. 29	City Bikes Super Sprint TRI hosted by TRI CLUB@FIU	FIU BBC Aquatic Center, 3000 NE 151 Street, North Miami, FL 33181