



February 2018



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



MEDICAL WELLNESS DELIVERED



Jackson Health System, in collaboration with Wellness Works, is bringing health care to you! Schedule an appointment for your physical or stop by if you are not feeling well. Minor medical issues such as a cold, earaches, sore throats, nausea or ear infections will be treated. Beginning February 20th, The Jackson Mobile clinic will be stationed at Police

Headquarters – 9105 N.W. 25th Street, Doral FL 33172 – every Tuesday from 12 pm- 4 pm. The mobile clinic is open to all county employees and their family members with medical insurance coverage. Walk-ins are welcome. For more information, please contact WellnessWorks@Miami-Dade.gov.

HEART HEALTH FIRST



The perfect gift this Valentine's Day is the gift of heart health.

Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women. While Americans of all backgrounds can be at risk for heart disease, African American men, especially those who live in the southeast region of the United States, are at the highest risk for heart disease.

Small Changes Can Make a Big Difference

- Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick.

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It's Not Too Late to Get Your Flu Shot



Did you know that every year there are more deaths from the flu than from automobile accidents? It's true! However, there is good news. It's not too late to get your flu shot. The flu season usually peaks in February with the highest number

of cases reported during that time frame. The good news is that it's still not too late to get your flu shot to protect yourself and your loved ones from the flu and/or pneumonia. It's easy to get your free flu shot. Just go to your physician's office, local pharmacies including CVS®, Publix®, Walgreens and many others. For more information, visit <http://www.cdc.gov/flu>.

HEALTHY SELFIE



Members of the Finance Department Tax Collector Division (Refund Unit) meet up five days a week to foster a health conscience environment by encouraging each other to participate in the Employee Wellness Center, health challenges sponsored by AvMed and the 5K Family Fun Day.

Team Members pictured here include: Gabriela Caballero, Marilyn Jordan, Sheena Lindsay, Gidget McLean, Frantz Augustin, Kathryn McMillian-White, Carla Cunningham, Cecilia Santiago and Bruce W. Hardaway.

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@Miami-Dade.gov.

February Events

Date	Event	Location
Saturday, Feb. 10	Inaugural Pines Light Up The Night 5K Run	Pembroke Pines City Center, 601 City Center Way, Pembroke Pines, FL 33025
Sunday, Feb. 11	9th Annual SunSmart 5K Run/Walk	Bill Baggs State Park, 1200 S Crandon Blvd., Key Biscayne, FL 33149
Sunday, Feb. 11	6th Annual Hearts at Work 5K Run/Walk for the American Heart Association	Markham Park, 16001 W State Rd. 84, Sunrise, FL 33326
Saturday, Feb. 17	5K-10K-Whiskey Creek Run	John U. Lloyd Beach State Park, 6503 North Ocean Drive, Dania Beach, FL 33004

HEART HEALTH FIRST (continued from page 1)

- Add exercise to your daily routine. Start off the month by walking 15 minutes, three times a week. By mid-month, increase your time to 30 minutes, three times a week.
- Increase healthy eating. Cook heart healthy meals at home at least three times each week and make your favorite recipe with lower sodium. For example, swap out salt for fresh or dried herbs and spices.
- Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke.
- Take medication as prescribed. Talk with your doctor about the importance of high blood pressure and cholesterol. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.

Source: <https://www.cdc.gov/features/heartmonth/index.html>

Strawberry Shortcake Protein Pancakes



Ingredients

- 6 egg whites
- 1 cup strawberries (fresh or frozen, chopped)
- 1/4 cup oat bran (or substitute oat flour)
- 1/4 cup raw buckwheat flour
- 1/8 teaspoon baking soda
- 1/8 teaspoon sea salt
- 1 teaspoon honey (only necessary if strawberries aren't sweet)
- 4-6 strawberries (sliced, topping)
- Nut butter or coconut whipped cream (topping)

Instructions

1. Add egg whites, chopped strawberries, oat bran, buckwheat flour, baking soda and salt to a blender. Pulse 5-6 times, until ingredients are just combined.
2. Spray a frying pan with coconut oil or other cooking spray. The pancakes will spread out, so using a smaller pan works well. Cook on low, covered, for 5-7 minutes, until bubbles appear on top of pancake. Flip over, and cook for another 1-2 minutes. Top with berries, nut butter, or coconut whipped cream.

This recipe makes six small or two large pancakes. Since these pancakes are made mostly of egg whites, they need to be cooked slowly to not dry out.