

Memorandum



Date: October 11, 2013

To: Honorable Chairwoman Rebeca Sosa
and Members, Board of County Commissioners

From: Honorable Carlos A. Gimenez
Mayor 

Subject: Fall into Wellness Fair and Opening Ceremony

Miami-Dade County is hosting its second Wellness Fair on Friday, October 18, from 10:00 a.m. to 2:00 p.m., in the Stephen P. Clark Center's Atrium and West Courtyard, located at 111 NW 1st Street, in Miami. Employees and visitors will have an opportunity to enjoy music, food and a number of interactive activities from the Miami-Dade County Animal Services Department; Miami-Dade Public Library System; Miami-Dade County Parks, Recreations and Open Spaces Department; and Miami HEAT. The Wellness Fair will also host a local farmers market, two live transmissions from local radio stations Power 96 and Radio Disney, food trucks, free on-site health screenings, exercise demonstrations and more. **Please join me for the Opening Ceremony on Friday, October 18, 2013, at 10:30 a.m., at the Stephen P. Clark Center, 111 NW 1st Street, North Lawn, Miami, FL 33128.**

This is the second event for the Miami-Dade County Worksite Wellness Initiative, which encourages healthy lifestyle habits for all employees. Beginning next month, each department will have Worksite Wellness Coordinators providing regular information to employees and coordinating opportunities to eat well, stay active, and live well. This effort will be modeled after the successful Worksite Wellness Park Fit Program launched by the Parks, Recreation and Open Spaces Department which has led to employees getting healthy together – including a total of 190 employees demonstrating tangible improvements to their health. At this same event, we will also launch the County's Employee United Way Campaign with an emphasis on community health services that are funded by the United Way.

If you are attending or need additional information, please contact Lisa Martinez at (305) 375-2911 or Dennys Gonzalez, at (305) 375-3910.

Attachment

c: Honorable Harvey Ruvin, Clerk of the Courts
Honorable Carlos Lopez-Cantera, Property Appraiser
Robert A. Cuevas, Jr., County Attorney
Office of the Mayor Senior Staff
Charles Anderson, Commission Auditor

FALL INTO WELLNESS FAIR

PRESENTED BY MAYOR CARLOS A. GIMENEZ

FRIDAY, OCTOBER 18, 2013

FROM 10 A.M.-2 P.M.

JOIN US FOR THIS FUN
AND EXCITING EVENT!



- The newest and latest information on wellness initiatives and trends
- Educational material
- Obstacle courses
- Exercise demonstrations
- Live entertainment
- Food trucks
- Vendor giveaways
- Discounted vendor products
- And much more!

Location:

Stephen P. Clark Government Center
Atrium and West Courtyard
111 NW 1st Street, Miami

For inquiries email: employeehealthcenter@miamidade.gov



Sponsored by the Miami-Dade County
Employee Discount Program

