

# 305



WELLNESS MAGAZINE  
SUMMER 2012



Back at the Track  
Transplant Recipient  
Follows Her Heart to the  
Kentucky Derby

Working in  
Your Workout  
Strategies for Making  
Time to Exercise

Going Local  
The Benefits of  
Locally Grown Foods

Weight Loss  
Surgery  
When is it  
Right for You?

## Chef Michelle Bernstein

Shares Weeknight Mealtime Strategies &  
a Delicious Seasonal Recipe

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"The guide to living a healthier life in Miami-Dade County"

*305fit Wellness Magazine* offers residents a mix of fitness facts and fun articles designed to promote a healthy and active lifestyle. *305fit Wellness Magazine* helps connect the dots for residents, so that they can lead healthier lives through resources and services that are already in place within our community.

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**About Our Cover: Chef Michelle Bernstein**

The smiling image of Chef Michelle Bernstein on our cover was shot in the burgeoning Miami Design District, home to her second restaurant, Sra. Martinez, an eclectic tapas bistro. Also co-owner of the successful and iconic Michy's with her husband David Martinez, it turns out Bernstein has lots to smile about. This former professional ballerina continues to be one of the most well-known and influential chefs in the country.

Back in 2010, Bernstein parlayed her celebrity into starting a program to help local kids. She launched the Miami chapter of Common Threads, an after-school program she fell in love with while visiting Chicago.

Go to page 14 to learn some of Bernstein's weeknight mealtime strategies, and then try out her fabulous recipe on page 15.

# LET'S GET GOING!

Great ideas for reinvigorating your workout this summer

Getting in shape is no walk in the park — or is it? Generally, it involves stressful out-of-the-way car trips to a crowded gym. There, your workout buddy is waiting for you impatiently as you arrive fifteen minutes late to your CrossFit session, further adding to your stress. But there are better ways to get your workout in. Whether you want to make fitness a family affair, or you're looking for inspiration to keep your solo workout on track, there are resources for getting and staying fit all around you.

## Family fun time means breaking a sweat

It's summer time, and most parents know what that means — it's time to find activities to keep the kids entertained. Tony and Julie Vivian see this season as a special opportunity to spend more quality time with their kids, children Ryan, 7, and Caitlyn, 5. But they also think it's important to instill a love of the outdoors and fitness in them, "Now, when they're little, it's important to teach our kids that fitness is about having fun," says Tony.



When it's time for a family trip to the beach, The Vivians won't just be lying around soaking up rays. Swimming is great exercise for all, so they slather on the waterproof sunblock and head over to Matheson Hammock. After their time in the water, the gang will head over for a brisk walk on the park's nature trails — a welcome break from the blazing summer heat.

Another Vivian family favorite is Palmetto Mini-Golf. Let's be clear: Palmetto Mini-Golf is not putt-putt golf. It's a putting course and it requires a bit of skill to negotiate the site's 18 holes. But it just can't be beat for a fun family outing in a plush tropical setting complete with waterfalls and piped in music. Misters keep everyone refreshed while they have a swinging good time burning calories and spending time together.



Are you looking for motivation  
to get going with your own  
workout routine?  
Here are a few ideas...



### The perfect workout buddy

For those folks that work out on their own, it can sometimes be difficult to stay on track. Sometimes, it takes some out-of-the-box thinking to get motivated. Recently, motivation dawned on Karina Rudchenco, a Kendall resident, purely by chance. “One day as I was walking my dog, Nenis, at Rockdale Park, I realized that I could get my workout done at the same time as she was having fun,” Rudchenco says. “I started making it a daily routine because I realized that this wasn’t just good for Nenis but also healthy for me. It was the first time I was actually looking forward to my workout!”

Just like Rudchenco, many pet owners in South Florida are making the connection that fitness and wellbeing can go hand-in-hand — or in this case, paw-in-hand — with pet ownership. Unknown to many residents, there are thirteen Dog Friendly Parks throughout Miami-Dade County where dogs are allowed to accompany their owners so long as they remain on a leash. There are also five Dog Parks which allow dogs to frolic, play and run free within a fenced-off

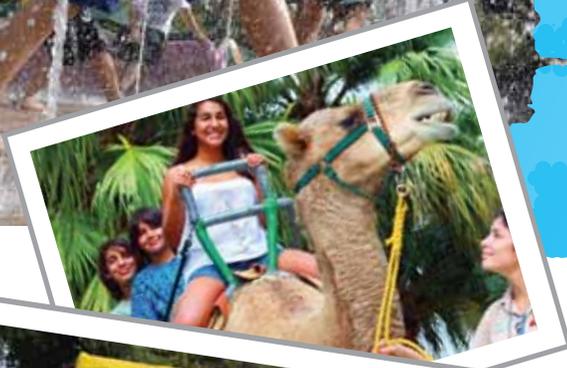
area. Most residents will find that one of these two types of parks is conveniently located nearby.

Taking full advantage of these facilities, Rudchenco now finds that her dog inspires her to stay healthy, adding, “My dog is an ideal workout partner — she’s always happy to see me and never makes a comment about my workout attire.”

Rudchenco adopted her workout buddy from an animal shelter when Nenis was a puppy. At the time, she thought she was doing something good for the dog, “I didn’t realize how much she would do for me,” says Rudchenco. 🐾

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## DON'T LET SAFETY TAKE A VACATION

It's summer, school's out and it's time to have fun! These sunny days mean more free time for kids, and more outdoor activities like swimming, bike riding and trips to the park. However, it never hurts to be cautious. Keep your family safe this summer by following these simple tips...

### Water Safety

- Never leave a child alone in the water or near the water, not even for a minute to answer the telephone or the doorbell. Remember, a child can drown in less than two inches of water!
- Children should swim ONLY with adult supervision (even if they are good swimmers). Floatation devices and inflatable toys DO NOT replace adult supervision in the swimming pool, kiddie pool or bathtub.
- When swimming in public areas obey all rules and posted signs. If possible, choose swimming pools and beaches that are protected by a lifeguard.
- Get the children and yourself out of the water at the first sign of bad weather. Don't swim during a thunderstorm or lightning storm.
- Always supervise children playing in inflatable pools and in the bathtub. Always empty the inflatable pool and tub after each use so a child doesn't fall in by accident.

### Bike Safety

- Always wear bike helmets when riding. It's the law. Helmets can also prevent head injuries — and even death — from a bicycle accident.
- Follow all traffic rules. Observe all signs, traffic lights, and street or sidewalk markings. Use headlights, taillights and reflectors when riding after dark, and wear reflective gear.
- Ride single file. Don't ride side-by-side on the road.

**In case of emergency, dial 9-1-1 immediately. Also, keep in mind that Jackson Health System offers 24/7 emergency services at Holtz Children's Hospital (UM/Jackson Memorial Medical Center), Jackson North Medical Center and Jackson South Community Hospital. To learn more, visit [www.jhsmiami.org](http://www.jhsmiami.org).**

**Sources: American Academy of Pediatrics; American Red Cross; [keepkidshealthy.com](http://keepkidshealthy.com); National Highway Safety Commission**

### Sun Safety

- The sun is the strongest between 10 a.m. and 4 p.m., so try to limit exposure to direct sunlight during this time. For children over 6 months old, use a sunscreen with an SPF (sun protection factor) of 15 or higher that protects against UVA and UVB rays. Babies less than 6 months old should not be exposed to the sun.
- Apply sunscreen in a thick coat at least 30-45 minutes before going outside and reapply every two hours (or more often if swimming or sweating).
- Use sunscreen even if it's cloudy outside or you're sitting in the shade. You can still get sunburn even when you're not directly in the sun.
- Before prolonged physical activity in the sun, make sure your children are well-hydrated and do not feel thirsty. Water or sports drinks should always be available and should be consumed every 20 minutes while exercising in the heat. 



# WORKING IN YOUR Workout

“I just don’t have time for exercise.” Sound familiar? It should. That’s because it’s the No. 1 excuse most Americans use for not getting a workout in. But how true is it? Let’s do the math...

There are approximately six waking hours in a day. You spend about nine of those at work, one in traffic, two doing household chores and at least two shuttling your children around or helping with homework. By the time that last email is sent out, load of laundry is put away or math problem is solved, you’re thinking, Exercise?! Who’s got time?

### The truth is you do

Take a closer look at the math and you’ll see that even in the example above, there are still a couple of free hours in the day to get in a good workout. According to the Centers for Disease Control and Prevention, adults between the ages of 18 and 64 need to exercise only about 30 to 45 minutes each day to improve overall health and keep chronic conditions like diabetes and heart disease in check. The activity should include both aerobic and muscle-strengthening exercise, but it doesn’t have to be anything elaborate, nor does it have to be done all at once.

Something as simple as a brisk walk, a vigorous bike ride, a refreshing swim or even dancing is all the body needs. You can break your activity up into 10-minute chunks throughout the day if 30 to 45 uninterrupted minutes are out of the question.

### Your options

You don’t have to go far or spend lots of money to get into shape. Miami-Dade County Parks, Recreation and Open Spaces has mapped out literally dozens of trails and parks great for jogging, skating, cycling or whatever keeps you moving. Some are paved like the Snake Creek Trail, Rickenbacker Trail and Commodore Trail. Those are best suited for activities like walking, skating or cycling. For something more rugged, try the Biscayne, Black Creek, Southern Glades or Amelia trails.

Now, if you get bored with your workout, don’t simply quit. Instead, try mixing things up a little. Do something that involves learning a skill or that has an element of competition.

Tennis burns about 476 calories per hour, making it a heck of a workout that’s also lots of fun. With more than 200 tennis courts at 50 Miami-Dade County locations — many of them lighted — getting in a couple of sets after work should be no sweat. Take lessons, join a league or sign up for tournaments. You’ll improve your stroke and your health.

Speaking of improving your stroke, a number of County pools are open until sunset giving you time to go for a swim after work. Burning around 500 calories per hour, this super workout is also super refreshing.

More of a landlubber? Take a Pilates or yoga class at the historic Deering Estate at Cutler. Its panoramic views of beautiful Biscayne Bay offer a peaceful setting for finding your center and burning calories, somewhere between 350 and 500 per hour.



Extreme fitness enthusiasts can try one of the boot camps offered at Tropical, AD Barnes, Tamiami and Hammocks Community parks. They meet at convenient hours — starting from as early as 6 a.m. for you early birds, to as late as 7 p.m. The exact number of calories burned is hard to pinpoint. Our guess? A lot!

### Bare-bones workout

Still don't have a sliver of time to work out even with all these great options? Baseball player Gaby Sánchez weighs in with a bit of advice, though he acknowledges that things are different for a professional baseball player than for other folks. "From working with trainers I know the average person can get good results from just incorporating a 45-minute workout into their day — instead of just watching TV or doing something else. Just some sort of cardio, push-ups, pull-ups... Those kinds of things." He adds, "You don't really have to go to the gym. You can do it at your house, and those 45 minutes a day can help you feel better and help your body tone up."

If all else fails, Miami-Dade County Employee Fitness Center director Raquel Dopico says you can exercise right in your cubicle.

Get a set of small weights or resistance bands and keep them at your desk. You can get a few reps in right there in your swivel chair. You can also do exercises like an incline push up on your desk, lunges or stationary squats, again, right there in your cubicle, "As long as you don't mind your co-workers seeing you workout," Dopico says.

Now, if it's been a long time since you've done any kind of physical activity, and you're not sure where to start, that's not an excuse to do nothing: Experts say start slow — maybe 10 minutes at first — then work your way up to 30 to 45 minutes a day. Check out the next page for more tips from fitness expert Shawn Ramirez on how to avoid getting hurt while exercising, and before you know it, your workout won't feel like work at all! 

[www.305fit.org](http://www.305fit.org)

You don't have to be a fitness expert like Shawn Ramirez, featured here, in order to get your own fitness routine going. A little daily effort on your part to get up and moving can lead to a healthier and happier you.



### About Shawn Ramirez

In addition to working for Miami-Dade County Parks, Recreation and Open Spaces, Ramirez is co-owner of IMT CrossFit in Kendall and has more than 17 years of training experience. He holds a Bachelor's degree in Sports Science/Exercise Physiology as well as various certifications ranging from Level 1 Certified CrossFit Coach to Certified Strength & Conditioning Specialist (CSCS).

# Shawn Ramirez

Miami-Dade Parks, Recreation and Open Spaces' Wellness & Fitness Coordinator

**Q. I really need to get back in shape. How can I avoid getting hurt when working out?**

**A.** It really depends on your workout, but a good place to start is talking to your doctor. Always consult with a physician before beginning any exercise program.

If you're running, having the proper running shoes, with proper insoles, is critical. Many running injuries are attributed to not having the proper shoes.

When starting a new exercise program, always try to limit compound movements or high-impact exercises where both feet leave the ground at the same time.

Low-impact exercises are suggested, including walking, rollerblading, Zumba, most step classes, swimming and elliptical machines, just to name a few. Low-impact exercises are also recommended for those with arthritis or osteoporosis; older adults; individuals who are obese; pregnant women; and people with bone, joint or connective tissue injuries.

The thing to remember in all exercises is to make sure you protect your joints, especially the shoulders, knees and lower back.

Here are a few quick pointers and cues to keep you safe through exercise movements:

#### Squat Back

- Maintain good posture by keeping your chest out
- Keep the shoulders pulled back
- Maintain S-curve in back and a neutral spine

#### Knees

- Never allow your knees to track over your toes
- Have your feet pointed out about 5 to 10 degrees when squatting — this prevents the knees from buckling
- Keep weight on the heels

#### Shoulders Rotator Cuff

- Never contract your muscle while rotating
- Do not hyper-extend and pop the shoulder or elbow joint when lifting or pulling objects
- Lift with dumbbells for overhead press in place of a barbell when nursing an existing injury 



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This is the mission of the Miracle League, which for over a decade has been making it possible for kids with special needs to play on custom-designed baseball fields that feature a completely flat surface, eliminating any barriers to wheelchair-bound or visually impaired players. Other features include rubberized surfaces, wheelchair accessible dugouts and more, ensuring that kids of all abilities are able to experience the joy of playing ball.

Presently, the Miracle League serves over 200,000 children and young adults with disabilities through 250 chapters located across the country, as well as Puerto Rico, Canada and Australia. Your online donation can get us closer to our goal of building a Miracle League field right here, in Miami.

**Join Gaby Sánchez and the Miami Marlins in bringing the joy of baseball to kids in our community!  
Go to [www.marlins.com/gaby](http://www.marlins.com/gaby) to make your donation to this worthy cause today.**

# GOING LOCAL



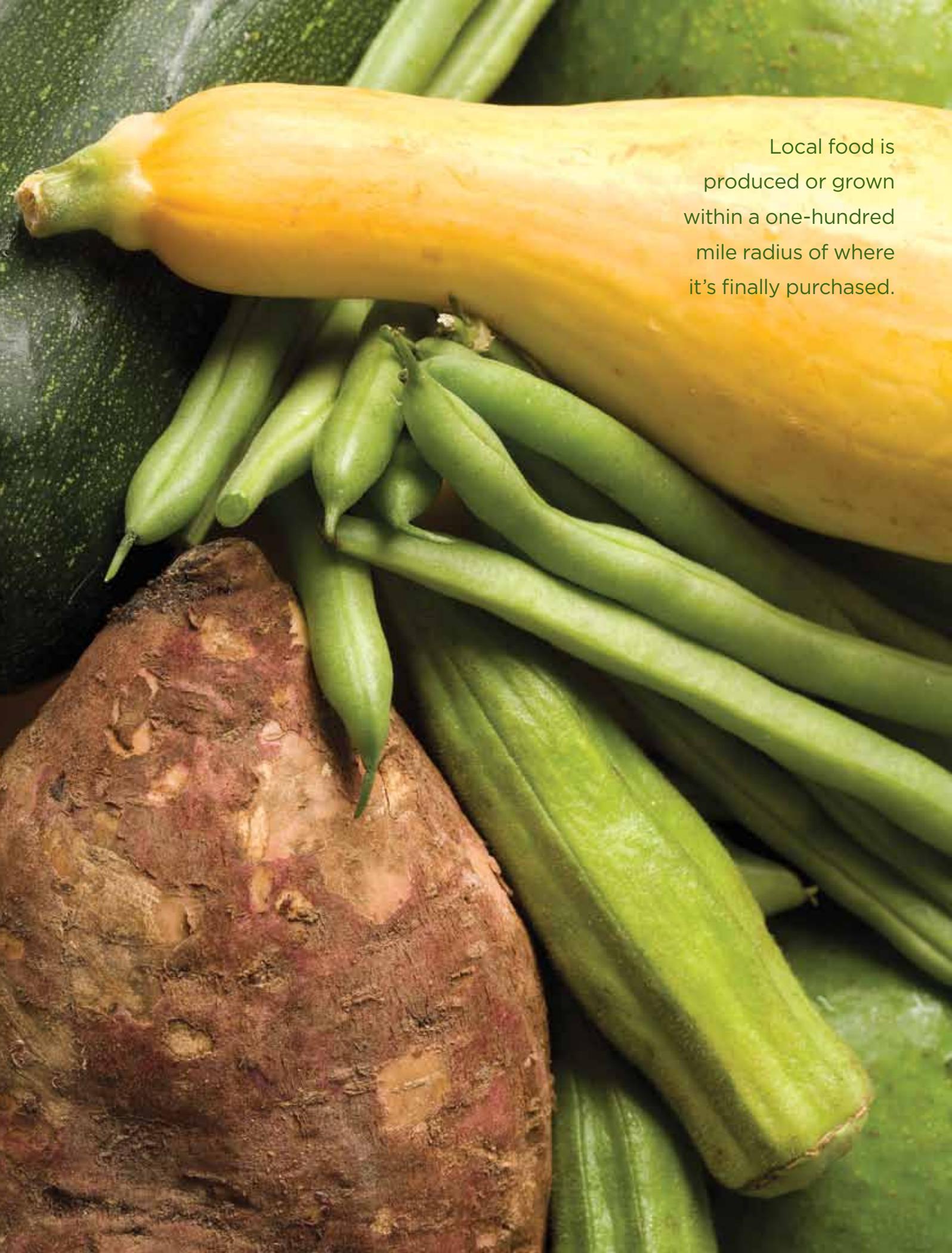
Finding this local produce is easier and more convenient than ever — just look for the Redland Raised brand at your neighborhood supermarket.

It's a given that eating fresh fruits and vegetables is important to maintaining a healthy lifestyle. Pick up any health or cuisine magazine, read any food blog or tune in to any cooking show and you're sure to hear a lot of terms being tossed around to describe ways to make healthy eating choices. There's vegetarian, dairy free, low sodium, organic, cage free, no trans fat, grass fed, hormone free and a dizzying array of others. While having choices is a good thing, it can sometimes also be overwhelming. You may find yourself in the supermarket aisles not knowing which might be the better option for you and your family.

However, one easy-to-remember term to keep in mind when purchasing food — specifically fresh fruits and vegetables — is the term "locally grown" or local food. Local food is produced or grown within a one-hundred mile radius of where it's finally purchased. We're fortunate to live in Miami-Dade County where going local is even closer than that hundred-mile benchmark. As one of the many advantages of living here, we're blessed with a rich agricultural area a mere twenty miles southwest of metropolitan Miami known as the Redland. This is where a variety of fresh produce is grown including

zucchini, squash, mango, boniato, avocados, strawberries and green beans. And now, finding this local produce is easier and more convenient than ever — just look for the Redland Raised brand at your neighborhood supermarket.

Unveiled in 2009, the Redland Raised campaign was created by Miami-Dade County, in conjunction with the Florida Department of Agriculture and the Department of Consumer Services to promote our local produce and keep our agricultural industry thriving. As the County's Agricultural Manager Charles LaPradd points out, "For the local agricultural industry, the Redland Raised brand provides recognition that we actually grow product and that we have product to sell. A lot of people don't realize how extensive our farming is. We're second in the state and 18th in the country in terms of dollar value. Our agricultural industry, which actually employs over 20,000 people, generates an estimated \$2.7 billion in our local economy. And this Redland Raised brand lets consumers know they're buying local. That it's straight from the field, it's fresh and it's wholesome."



Local food is produced or grown within a one-hundred mile radius of where it's finally purchased.

Wholesome indeed — not to mention delicious and nutritious! With fewer miles to travel before they land on your plate, locally grown fruits and vegetables will look and taste better, mainly because they've had a longer time to ripen naturally on the stem. Crops are harvested at the point when nutrients are the highest and can be trucked to nearby store shelves within 48 hours of harvest, unlike imported produce or produce grown outside of Florida, which has to instead be flown in. The difference boils down to produce that is picked within days of purchase versus produce that's picked early and then sits weeks in cold storage and transit losing its nutritional value as well as flavor along the way.

“...going local not only means healthier, better tasting fruits and vegetables, it's also better for our environment, which in the long run is healthier for us.”

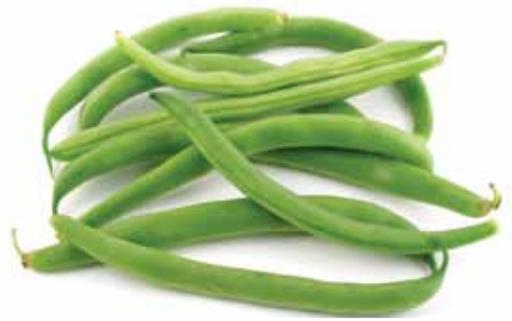
Nutrition is important, but nutrition without taste just doesn't cut it. Local restaurant chefs tout the superiority of seasonal and locally grown produce and some even build their menus around the local theme. So challenge yourself to become a “locavore.” Eat local and seasonal.

Start by preparing at least one meal a week using fresh Redland Raised field ripened vegetables, fruits and herbs. Try making a vegetable dish with long traveling or imported produce and one with local produce and compare — you'll be sure to taste the difference. If you've ever tasted a Redland heirloom vine-ripened tomato and delighted in its sweet tangy flavor, you know that flavor can only compare to a tomato you would grow yourself. When your family asks for more, make a point of letting them know it's grown right here, in Miami-Dade County. Help them foster a connection to the land through the food we eat. Take a day trip drive to the Redland and see if they can spot where your next vegetable dish may be growing. The local growing season for traditional produce runs from November through April, but you can purchase tropical produce through the summer months.

But going local not only means healthier, better tasting fruits and vegetables, it's also better for our environment, which in the long run is healthier for us. Essentially, keeping it local decreases emissions, saves fuel costs and reduces our carbon footprint. It also helps support our local farmers in the Redland, an area long affected by ever-expanding urban development.

As you can see, there are excellent reasons to seek out local produce. Local means fresher, healthier, better tasting food, it means supporting our local economy and an overall healthier environment. It's also great knowing exactly where your food comes from and feeling confident that you're eating wholesome, nutritious and delicious food. So be sure to ask for Redland Raised produce at your neighborhood supermarket and farmers' market. 🌱

**Here's to a healthier you!**



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### About Chef Bernstein

Miami native Michelle Bernstein has dazzled diners since the late 1980s, earning critical praise for her vibrant cuisine that includes a prestigious James Beard Award in 2008 for Best Chef South. She's launched the Miami chapter of Common Threads, an after-school program dedicated to teaching underprivileged kids ages 8-11 to cook, socialize and eat healthy.

[www.chefmichellebernstein.com/  
common-threads](http://www.chefmichellebernstein.com/common-threads)

## chef Michelle Bernstein

**Q. I'd like my family to eat better, but we've depended on frozen food and takeout for so long, I'm not sure where to begin... How can I put together a quick and healthy family meal on a budget that everyone at home — including my kids — will like?**

**A.** My favorite way to approach cooking at home is to take two days a week and schedule all your meal prep. Make a shopping list, be organized and plan ahead — like we do in a professional kitchen. And do your shopping once a week.

I usually cook on days that I have less work to do and cook that day for the next three days. I buy products I can cook simply but deliciously, and try to include lots of fruits and vegetables. Find recipes online and buy books on how to cook vegetables — I feel vegetables are key, but they're easier to overcook than proteins. Learning to cook them correctly can make all the difference in their flavor.

You can also experiment with ready-made sauces, but use them sparingly because some can be very high in salt, fat or calories.

When cooking for kids, be careful of spicy food. Their palettes are sensitive — so not too much garlic or onions. Speaking of spices, you don't need 100 things in your spice rack but do invest in a basic dry spice kit with the staples, and make sure you have a fresh pepper grinder and Kosher salt. You'd be surprised how far you can get with salt and pepper, good olive oil and some chicken or vegetable broth.

To keep things on the healthier side, substitute ground turkey or chicken as much as possible and blend in vegetables, like you would with a meatloaf. They lend flavor and moisture. **fit**

**Chef's Recipe**

# Watermelon & Tomato Salad With Feta and Olives

**6 servings****Salad Directions**

Put the watermelon, tomatoes, cucumber, feta, olives and dill in a large bowl. Drizzle with half the vinaigrette and toss gently, taking care not to break up the fruit and vegetables. Add more dressing if desired and toss again.

*(This salad can be made the night before you serve it and refrigerated, but in that case, don't add the watermelon until ready to serve; refrigerate the watermelon separately. Let the salad and watermelon come to room temperature and toss together just before serving.)*

Divide among four to six salad plates and serve.

**Red Wine Vinaigrette Directions**

Put the vinegar, garlic powder, onion powder, oregano and za'atar in a small bowl. Whisk in the olive oil and season to taste with salt and pepper. The vinaigrette can be refrigerated in an airtight container for up to 3 days.

**SALAD INGREDIENTS**

4 cups	seedless watermelon or regular, seeded watermelon, diced (1/2 inch) (about one quarter of a medium)
2 large	beefsteak tomatoes cut into 8 wedges each
2 cups	1/4 inch-thick diagonal slices peeled English (seedless hothouse) cucumbers
1 cup	crumbled feta cheese, preferably French (about 4 ounces)
1 cup	pitted Niçoise olives
2 Tbsp	dill leaves

**RED WINE VINAIGRETTE INGREDIENTS**

2 Tbsp	red wine vinegar
1/4 tsp	garlic powder
1/4 tsp	onion powder
1/4 tsp	dried oregano
1/4 tsp	za'atar (optional; can be found at Middle Eastern markets)
1/2 cup	olive oil
	Kosher salt and freshly ground pepper to taste



# LIVE **a** PARK LIFE

@ Miami-Dade Parks

[www.miamidade.gov/parks](http://www.miamidade.gov/parks)

## Parks Disability Services



## AT MIAMI-DADE PARKS, WE MAKE FITNESS FUN FOR EVERYONE!

### Wheelchair Tennis

Wheelchair users ages 16 and up are invited to challenge themselves to learn how to play tennis, and become either a recreational or competitive wheelchair athlete. Novice and experienced alike are welcome. Bring your own sports wheelchair, or give us a call and we will have one waiting for you for free!

Saturdays, 9-10:30 year round except holiday weekends.

#### The Big "5" Tennis Club

600 SW 92nd Avenue

Contact *Diana Bonet* at 305-380-9106 or

[dbonet@miamidade.gov](mailto:dbonet@miamidade.gov) for more information.

### Autism: Sports Development

Children (ages 6-11) and teens (ages 12-18) with Autism will learn to play soccer, basketball and baseball in three separate 8-week sessions. Participants are divided by age and ability, and all equipment is provided. Many returning participants will join those just learning the skills in these three sports. Sportsmanship, basic skills, and rules of the game will be taught.

Saturdays, 10-11am, (ages 6-12) and 11-12pm, (ages 13-18)

Call to confirm 8-week session schedule of rotating sports.

\$40/session.

#### Coral Estates Park

1405 SW 97th Avenue

Contact *Arlene Bouza-Jou* at 305-222-2128 or

[arleneb@miamidade.gov](mailto:arleneb@miamidade.gov).

### Saturday in the Park

Adults with Intellectual Disabilities get together to spend a day exploring Miami-Dade County Parks and other recreational sites. The \$30 fee covers transportation and supervision. Additional funds may be needed for specific activities.

Saturday, 9-4:30.

#### Meet at AD Barnes Park Leisure Access Center

3401 SW 72nd Avenue

Contact *Carolina Mugar* at 305-665-5319 or

[cmugar@miamidade.gov](mailto:cmugar@miamidade.gov).

### Swimming Lessons

Children (ages 6 and up) and adults with physical or visual disabilities learn to swim for fitness and recreation or competition. Certified Water Safety Instructors experienced in teaching Adapted Aquatics will lead these lessons.

Bring your towel and sunscreen and get a great workout!

\$40/8 week session.

Saturdays, 11-2pm

#### AD Barnes Pool

3401 SW 72nd Avenue

Contact *Belinda Phillips* at 305-752-4966 or

[bpilli@miamidade.gov](mailto:bpilli@miamidade.gov).

**Call Parks Disability Services at 305-755-7848  
for more program information.**



## MARK YOUR CALENDAR

[Get the inside scoop on things to do and places to see in Miami-Dade County...](#)

Think things slow down around here in the summertime? Think again. We've got your guide to dozens of fun, exciting and interesting activities in Miami-Dade County this summer. We're talking sports, arts, festivals, fitness, food and, of course, tons of kids stuff. And best of all, lots of it is absolutely free!

As the sun heats up, chill out with a visit to a cool museum. Get in the swim at one of Miami-Dade County's pools or world-renowned beaches. Join an evening sports league or a morning fitness class. With all the activities to choose from, there'll be no such thing as a lazy summer day.

Take the family to a farmer's market for fruits and veggies freshly picked from nearby groves and fields. Share your love of leafy greens with the friendly giraffes at Zoo Miami's Samburu Giraffe Feeding Station. Pack a healthy picnic and ride your bike to a neighborhood park.

Summer's the perfect time to try something new, and with this handy guide it couldn't be easier. So go ahead, get out there and have fun. Catch a concert or play. Play a game of catch. Catch the breeze and fly a kite. Get caught up in all the adventures, large and small, that await you right here in Miami-Dade.

# JULY



## Fabulous First Fridays

July 6

Enjoy a free star show, free access to the Observatory (if weather permits), laser shows and more at the Miami Science Museum.

[www.miamisci.org](http://www.miamisci.org)



## Bluegrass Festival at Greynolds Park

July 8

Bring your lawn chair to Greynolds Park and be swept away by the distinctive sounds of Bluegrass music the first Sunday of the month.

[www.miamidade.gov/parks](http://www.miamidade.gov/parks)

## Food Truck Night

July 13

For the best food you can find on four wheels, visit Tamiami Park and get your fill of gourmet delights that are easy on the pocket but satisfying for any appetite.

[www.miamidade.gov/parks](http://www.miamidade.gov/parks)

## HistoryMiami Family Fun Days

July 14

Interactive and educational entertainment for families and kids, free on the second Saturday of every month.

[www.historymiami.org](http://www.historymiami.org)



## Second Saturdays Are Free For Families at MAM

July 14

Get in touch with your creative side while participating in artistic hands-on activities every second Saturday at the Miami Art Museum.

[www.miamiartmuseum.org](http://www.miamiartmuseum.org)



## The Donkey Show

July 13-Aug. 12

Shake your "groove thang" to your favorite '70s disco hits in this adults-only pop-up club at the Arsht Center reminiscent of Studio 54.

[www.arshtcenter.org](http://www.arshtcenter.org)

## Tandem Theatre Camp

July 16-Aug. 10

This four-week theater camp for children ages 10-18 is led by industry professionals and features a production of *The Pirates of Penzance, Jr.*

[www.smdcac.org](http://www.smdcac.org)

## Back to School Health Fair

July 21

Free screenings, school immunizations and fun for the whole family at Jackson North Medical Center.

[www.jacksonnorth.org](http://www.jacksonnorth.org)

## Fee-Free Play Day at Deering

July 21

Get free admission at the Deering Estate at Cutler and enjoy hands on eco-art activities, science discovery programs, and historic house tours — all for free!

[www.deeringestate.org](http://www.deeringestate.org)

## The Acupuncture Experience at Coral Gables Acupuncture

July 21

Attend a free seminar and interactive event from 2-4 p.m. where you'll learn how acupuncture and herbal medicine can benefit your health in a safe, holistic and effective way. To learn more call 305-446-3009.

[www.miamiacupuncture.com](http://www.miamiacupuncture.com)



## Colombian Independence Day Festival

July 22

Immerse yourself in Colombian music, arts, crafts and foods at the Miami-Dade County Fair & Expo Center.

[www.fairexpo.com](http://www.fairexpo.com)

## Deering Estate's Summer Cabaret Concert Series

July 28

The series features eclectic and world music artists in the intimate setting of the estate's historic Stone House Ballroom.

[www.deeringestate.org](http://www.deeringestate.org)



## Food Truck Night

Thursday or Friday

For the best food you can find on four wheels, visit Tropical Park on Thursdays or Tamiami Park on Fridays and get your fill of gourmet delights that are easy on the pocket but satisfying for any appetite.

[www.miamidade.gov/parks](http://www.miamidade.gov/parks)

## Downtown Harvest Market

Every Friday

Get fresh produce and specialty foods, local crafts, green products, healing arts and plants every Friday at the Stephen P. Clark Center.

[www.earth-learning.org](http://www.earth-learning.org)

## Touring Vizcaya

Daily (except Tuesdays)

Go on a guided tour or a self-paced audio tour offered daily except Tuesdays.

[www.miamidade.gov/vizcaya](http://www.miamidade.gov/vizcaya)



# AUGUST

## Wine Down Wednesdays

Aug. 1

Have a history-making happy hour every first Wednesday of the month at HistoryMiami.

[www.historymiami.org](http://www.historymiami.org)

## Sales Tax Holiday

Aug. 3-5

Shoppers can buy any item of clothing, \$75 or less, and school supplies under \$15 without paying state or local sales tax.

<http://dor.myflorida.com/dor>



## Fairchild's Free Sundays in August

Aug. 5, 12, 19, 26

Throughout August get free access to this local paradise. World-class art, first-rate café all surrounded by lush tropical vegetation.

[www.fairchildgarden.org](http://www.fairchildgarden.org)

## Did you know...

That the age-old traditional Chinese medical therapy, acupuncture, promotes natural healing as well as physical and emotional wellbeing?

Learn more at:  
[www.miamiacupuncture.com](http://www.miamiacupuncture.com)

## Fee-Free Play Day at Deering

Aug. 18

Get free admission at the Deering Estate at Cutler and enjoy hands on eco-art activities, science discovery programs, and historic house tours — all for free!

[www.deeringestate.org](http://www.deeringestate.org)



## Deering's Summer Cabaret Concert Series

Aug. 25

The series features eclectic and world music artists in the intimate setting of the estate's historic Stone House Ballroom.

[www.deeringestate.org](http://www.deeringestate.org)

## Food Truck Night

Thursday or Friday

For the best food you can find on four wheels, visit Tropical Park on Thursdays or Tamiami Park on Fridays and get your fill of gourmet delights that are easy on the pocket but satisfying for any appetite.

[www.miamidade.gov/parks](http://www.miamidade.gov/parks)

## Downtown Harvest Market

Every Friday

Get fresh local produce and specialty foods, local crafts, green products, healing arts and plants every Friday at the Stephen P. Clark Center.

[www.earth-learning.org](http://www.earth-learning.org)

## Historic House Tours at Deering

Daily

Learn about the fascinating history of this historic estate during daily guided tours.

[www.deeringestate.org](http://www.deeringestate.org)



## Touring Vizcaya

Daily (Except Tuesdays)

Go on a guided tour or a self-paced audio tour offered daily except Tuesdays. 

[www.miamidade.gov/vizcaya](http://www.miamidade.gov/vizcaya)

# Back <sup>at the</sup> TRACK

## Transplant Recipient Follows Her Heart to the Kentucky Derby

Kathy Ritvo watched the 2008 Kentucky Derby from her hospital bed at Jackson Memorial Hospital. Her heart was giving out after nearly 10 years of suffering from a degenerative condition, and it was hard for her to imagine returning to her lifelong passion of horse training.

Constantly fatigued, she had spent months coughing, her breathing labored and her spirit slowly draining. At her worst moments, she was afraid to sleep because she feared never waking up.

But with the selfless donation of a heart, the expertise of Jackson Memorial's renowned transplant team and never-ending support from her family, Ritvo was given a second chance at life.

She exceeded everyone's expectations — including her own.

In 2011, she achieved a lifelong ambition when one of the horses she trained raced in the Kentucky Derby, Mucho Macho Man, proudly took third place.

"It was like living a dream," she says. "I don't take anything for granted. Just getting up in the morning is amazing. But to have my career at such a high point is simply amazing."

Ritvo practically grew up on a horse track, training horses since she was 18. But in the late 1990s, she began feeling unusually fatigued and was unable to keep up with the job's full-time demands.

In 2000, she was diagnosed with cardiomyopathy, a severe deterioration of the heart muscle, and was told her heart would soon fail. Her brother had recently died from the same heart condition, so Ritvo and her family feared the worst.

But after years of suffering, followed by a long stay at Jackson Memorial Hospital, Kathy received her new heart on Nov. 13, 2008. She said she felt better immediately following the surgery.

"This is the healthiest I have ever been," she says.

In 2011, Kathy Ritvo achieved a lifelong ambition when one of the horses she trained raced in the Kentucky Derby, Mucho Macho Man, took third place.





A few months later, Ritvo decided to return to horse training. Although she took precautions and always put her health first, she couldn't imagine giving up such an important part of her life.

Few were as proud to see Ritvo head to the Kentucky Derby as the medical team who helped save her life. Many of them gathered at Gulfstream Race Track in South Florida to watch live video of the race.

"It's wonderful to see what she is able to accomplish," says Ritvo's transplant surgeon, Dr. Si M. Pham, chief of the Division of Heart/Lung Transplant and Artificial Heart Programs at the Miami Transplant Institute at the University of Miami/Jackson Memorial Medical Center. "It's a testimony to her strong will and her 'can-do' attitude."

Now, with the transplant behind her, Ritvo lives in South Florida with her husband and two children, and continues to train horses. She takes medication and vitamins daily, and checks in with her doctors every three to four months.

"Without them, there's no way that I would be where I am," Kathy says of her medical team. "My cardiologist and his team, and Dr. Pham, they've been with me every step of the way, and I wouldn't be here without them." 

**For more information about the many organ transplantation services offered by the Miami Transplant Institute at the University of Miami/Jackson Memorial Medical Center please visit, [www.miamitransplant.com](http://www.miamitransplant.com) or call 305-355-5000.**

"My cardiologist and his team, and Dr. Pham, they've been with me every step of the way, and I wouldn't be here without them."



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# Our **Hearts** are **Wondrous** Things!

Our hearts are responsible for all the love and affection we show other people and the joy we feel. They beat every moment of every day, circulating nutrients and oxygen to the rest of our body, taking away waste products, and keeping us in the best health.

Since our hearts do so much for us, we should do everything possible to keep them strong...

Throughout Miami-Dade County, Jackson Health System provides a full range of cardiology services, both in a hospital setting and in private physicians' practices. The following list can help you find the cardiac services closest to you.

#### **Jackson Memorial Hospital**

1611 N.W. 12th Avenue  
Miami 33136

For information and/or appointments, please call 786-466-8490.

Extensive diagnostic tests; new catheterization labs; interventional cardiology; cardiac and cardiovascular surgery; implantable cardiac stents, pacemakers and other devices; heart transplantation; cardiac rehabilitation.

#### **Women's Hospital Center at Jackson Memorial Hospital**

1611 N.W. 12th Avenue  
Miami 33136

#### **Fetal Therapy Center** 305-585-6636

Diagnose and repair cardiac problems in babies still in their mothers' wombs.

#### **Holtz Children's Hospital**

1611 N.W. 12th Avenue  
Miami 33136

#### **Children's Heart Center** 305-585-6683

Care for children with congenital heart problems through adulthood by expert cardiologists who are all faculty members of the University of Miami Miller School of Medicine.



**Did You Know...**

Having just two major risk factors for cardiovascular disease at age 55 — such as hypertension, high cholesterol, diabetes and smoking — may predict a high risk of cardiac death, according to a recent study published in the *New England Journal of Medicine*.

**Jackson North Medical Center**

160 N.W. 170th Street  
North Miami Beach 33169

**Cardiology**  
305-654-5283

Jackson North offers an array of cardiovascular services including extensive diagnostic tests, diagnostic and interventional catheterization, cardiovascular surgery, interventional stenting, pacemakers and automated implantable cardioverter-defibrillator (AICD).

**Endovascular Institute**  
1-855-CURE-PAD (287-3723)

Treats arteriosclerosis and peripheral arterial disease.

**Jackson South Community Hospital**

9333 S.W. 152nd Street  
Miami 33157

**Cardiac and Vascular Services**  
305-251-2500

- Diagnostic catheterization lab
- Numerous preventive and diagnostic exams such as EKGs, nuclear stress tests and ultrasounds
- Outpatient nutritional counseling services for a healthy heart, and diabetes and weight management, 305-256-5226

**JMG Multispecialty Center - Biscayne Blvd.**

Biscayne Medical Plaza  
3801 Biscayne Blvd., Suite 230  
Miami 33137

786-466-8490

“One stop” for prevention and treatment of cardiac problems and peripheral arterial disease in persons ages 16 and older.

**JMG Multispecialty Center - South Dade**

Deering Medical Plaza  
9380 S.W. 150 St., Suite 210  
Miami 33176

305-256-5018

Cardiology, invasive cardiology.

**Miami International Surgical Services - Biscayne**

4770 Biscayne Blvd, Suite 880  
Miami 33137

786-268-8289

Thoracic, open heart and vascular surgery; catheterization.

**Miami International Surgical Services - Miami Beach**

4308 Alton Road, Suite 410  
Miami Beach 33140

305-672-6100

General vascular surgery. 



#### About Dr. Ferreira

Alexandre Cesar Ferreira, M.D., FACC, is the clinical chief of cardiology for Jackson Health System. Over the last 10 years, Dr. Ferreira has trained more than 60 cardiologists and more than 20 interventional cardiologists, many of them now in practice in South Florida. He's performed over 6,000 coronary angiograms and over 2,000 angioplasty/stent procedures. Dr. Ferreira holds three board certifications by the American Board of Internal Medicine in general medicine, cardiology and interventional cardiology. For an appointment with Dr. Alexandre C. Ferreira, please call 305-585-5527.

## ALEXANDRE CESAR FERREIRA, M.D., FACC

### Q. As a woman, do I really need to worry about heart disease?

**A.** Unfortunately, there's a myth that heart disease is a "man's disease," but cardiovascular disease is also the main cause of premature death in women. The truth is, more women die from heart disease in the United States than from cancer and accidents combined.

African American women are disproportionately affected by heart disease and stroke, and this trend continues to increase as the prevalence of hypertension has risen in this same group. Hypertension can directly damage the heart muscle and lead to heart failure, kidney damage and strokes.

Another trend that increases the risk of heart disease is the obesity epidemic, which has led to an increase in diabetes. Diabetes represents a major cardiac risk factor for a heart attack in women. It disproportionately affects Latino women and is responsible for many of the cases of heart attack in women in South Florida. Diabetes is highly prevalent in obese and overweight women. Exercise and weight loss is the most effective strategy for delaying the

onset of diabetes, which can also result in kidney failure leading to dialysis, blindness and limb loss.

Whether you're a man or woman, it's important to remember that when an episode of chest discomfort takes place, there's a very narrow window of just a couple of hours before irreversible heart damage occurs. Therefore, do not delay treatment. Seek professional help at the first signs of a heart attack. Early treatment can save lives.

Another important point to remember is that heart disease is highly preventable. There's much both men and women can do, such as following the American Heart Association's guidelines for "ideal cardiovascular health." These include striving for ideal levels of total cholesterol, normal blood pressure, ideal blood glucose and body weight, as well as adherence to health behaviors such as abstinence from smoking and participation in physical activity at recommended levels. 





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# WHEN IS WEIGHT-LOSS SURGERY RIGHT FOR YOU?

For some, losing weight is no easy task. Although it's an important first step to try to shed the pounds through proper nutrition and exercise, you may be making little or no progress. That's when it could be time to consider weight-loss surgery.

## Why lose the weight?

Obesity not only diminishes quality of life, it can also put you at further risk for developing health problems, including high blood pressure, high cholesterol, heart disease, diabetes, stroke and sleep apnea. If you currently have any of these conditions, weight loss can help to minimize their damaging effects on your health.

## How do I qualify?

Morbid obesity is defined as greater than 100 pounds over ideal body weight or a Body Mass Index (BMI) of more than 40. To calculate your BMI, first square your height (in inches). Then divide your weight (in pounds) by the squared height. Multiply that result by 703.

You may also qualify for surgery if your BMI is between 35-40 and you have diabetes, high blood pressure, high cholesterol or sleep apnea.

## What are my options?

There are a variety of minimally invasive weight-loss surgery options to choose from:

### • Gastric Bypass Surgery

The surgeon creates a small stomach pouch. Next, a Y-shaped section of the small intestine is attached to the pouch to allow food to bypass parts of the small intestine, resulting in reduced calorie and nutrient absorption.

### • Adjustable Gastric Band (Lap-Band System)

Using laparoscopic tools, the surgeon places an adjustable silicone band around the upper part of the stomach to decrease its size to a small pouch that can only hold about an ounce of food. The band can be tightened or loosened as needed through a device just under the skin.



“Jackson changed my life! I lost 132 lbs. in 11 months after gastric bypass surgery. Now, I look and feel great!”

— Abby Spurgeon

- **Vertical Gastric Sleeve**

The surgeon restricts the size of the stomach by splitting it and taking out more than 85 percent of it. The stomach that remains appears to resemble a banana and weighs between 1 and 2 ounces. The nerves to the stomach remain intact, and the surgery does not interfere with or change the digestive tract.

- **Laparoscopic Greater Curvature Plication (LGCP)**

The surgeon creates a long gastric tube or “pseudo-sleeve” by folding the stomach into itself in a vertical fashion, using two layers of sutures or clips. The stomach is not transected or removed, and there are no staple lines.

- **Endoscopic Vertical Gastroplasty**

Accessing the stomach through tubes inserted through the mouth and down the digestive tract, the surgeon sutures the sides of the stomach together to create a small pouch that makes patients feel full after ingesting small amounts of food.

Jackson Health System is dedicated to helping patients through the entire weight-loss journey. While the surgical procedure is a key and critical component, there are many other services that can greatly enhance the process and enable patients to lose the weight and keep it off, including support groups, nutritional guidance and physical rehabilitation.

Weight-loss surgery is available at Jackson North Medical Center, an ASMBS Bariatric Surgery Center of Excellence®, and at Jackson South Community Hospital.

To learn more, or to attend a free informational seminar, call 1-866-931-TRIM (8746). 

[www.jacksoncanhelp.org](http://www.jacksoncanhelp.org)



### Figuring Your Body Mass Index (BMI)

*Example:*

**For someone that's 5'6" tall and weighs 254 lbs., start by converting 5' 6" to 66"**

*Then apply the formula:*

**Square the height**

$$66 \times 66 = 4356$$

**Divide the weight**

$$254 \div 4356 = 0.0583$$

**Multiply by 703**

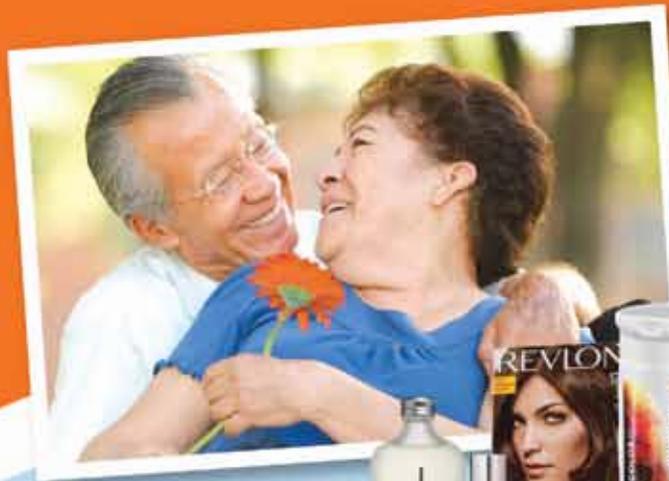
$$0.0583 \times 703 = 40.9 \text{ BMI}$$

\* BMI can overestimate body fat in athletes and others who have a muscular build. It may underestimate body fat in older persons and others who have lost muscle.

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# State-of-the-Art Breast Health Services throughout Miami-Dade



More than 200,000 new cases of breast cancer are diagnosed in the U.S. each year. That's why it's so important to take the time to perform breast self-examinations regularly, schedule routine mammograms and learn more about breast cancer prevention. Jackson Health System offers state-of-the-art diagnostic testing and treatment, including digital mammography, at the following locations throughout Miami-Dade County.

- Taylor Breast Health Center/Roberta Orlen Chaplin Digital Breast Imaging Center at Jackson Memorial Hospital
- Jackson North Medical Center
- Comprehensive Breast Center at Jackson South Community Hospital

To schedule an appointment, call **305-585-6000**.

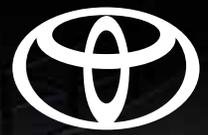
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### GASTRIC SLEEVE CENTER for WEIGHT-LOSS SURGERY

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