

Win \$100 by Registering for the Corporate Run

Step away from your cubicle and into the fun by signing up for the **Mercedes-Benz Corporate Run**, the annual 5K event taking place at Bayfront Park on April 24. Grab your co-workers, family and friends and join the city's largest office party. Meet up at the Miami-Dade County tent at 6:45 p.m. Register and you could win a \$100 gift card. **Read the flyer** for details.

Check. Change. Control. Blood Pressure Program

Each **Wednesday**, County employees can get **free blood pressure checks** in the **Stephen P. Clark Center lobby** from **12:30 pm to 2:00 pm**.

They don't call high blood pressure the "silent killer" for nothing. Left untreated, this symptomless condition can damage organs, cause cardiovascular disease or lead to stroke. To combat the problem, we are launching this new blood pressure monitoring program by the American Heart Association called Check. Change. Control. Feel free to contact us with any questions regarding the program.

SAVE THE DATE – 2014 Spring into Wellness Fair!

The 2014 Spring into Wellness Fair is taking place on **Thursday, May 15**. It falls on Take Your Child to Work Day so feel free to bring your children so that they can enjoy of all of the **fun, kid-friendly activities**. In addition you can enjoy **food trucks, a farmer's market, live radio transmission, exercise demonstrations, giveaways and much more**. AvMed will also be providing County employees with **free chair massages, health education literature, and health screenings** that will include: blood pressure, cholesterol, glucose, bone density and more. Don't miss out on this fun event – mark it in your calendar!



Fun and Fitness

Submitted by **Liz Roman, Wellness Liaison**, to her department **CAHSD**

Stress is a Mess – Over time, stress can lead to serious health issues such as obesity, depression and even death. Wellness experts at Moen suggest that when you start seeing red, instead think blue – as in blueberries. Antioxidants found in the tasty fruit fight stress hormones. Also, don't forget to breathe. Inhaling a deep breath for 5 seconds then exhaling for another 5 seconds can help clear your mind and enhance blood circulation.

Eat Healthy – We know we should eat healthy, and with new online tools it's a no-brainer. The new MyPyramid program (**MyPyramid.gov**), developed by the U.S. Department of Agriculture, allows you to choose the ideal proportions or foods and food groups to eat according to your body size and structure.

Get Physical – Exercise not only helps you build muscle, lose weight and gain self-confidence, it's vital in maintaining a healthy heart. And, don't think you need to spend hours at the gym to achieve a new physical you. From strength training and cardio workouts, to walking the dog or taking the stairs – anything that gets your heart pumping will benefit your health.



LOL, Laugh Out Loud – Build your immune system through laughter! Health-increasing hormones like endorphins are released into your body when you laugh. Additionally, laughter works your abdominal muscles.

Mark Your Calendar Upcoming Events

CABA 5k: Lawyer's on the Run

April 20th @ 7:00 am

Child races available.

Tropical Park, Miami

Mercedes-Benz Corporate Run

April 24th @ 6:45 pm

Bayfront Park, Miami

FIU 2575 Triathlon

May 18th @ 7:00 am

FIU Biscayne Bay Campus

Oleta 5k/10k/Half Marathon Trail Run

May 25th @ 7:30

Oleta River State Park

Health and Wellness Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, we encourage you to educate yourself and your loved ones about the dangers of drinking too much. In Florida alone, there have been 2,400 drunk driving accidents within the past year. If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.
- If you are concerned about someone else's drinking, offer to help.

You may have a drinking problem if you...

- Feel guilty or ashamed about your drinking.
- Lie to others or hide your drinking habits.
- Have friends or family members who are worried about your drinking.
- Need to drink in order to relax or feel better.
- "Black out" or forget what you did while you were drinking.
- Regularly drink more than you intended to.

If you or someone you know is struggling with alcohol abuse please contact (305)461-2425 or visit aamiamidade.org

Wellness Liaisons by Department

Animal Services – Valerie Moore

Aviation – Sandra Jackson

Community Action & Human Services – Liz Roman

Community Information & Outreach – Sara Vallazza

Cooperative Extension Service – Teresa Olczyk

Corrections & Rehabilitation – Ivan Saavedra

Cultural Affairs – Brandi Reddick

Fire Rescue – Jimmy Bou Nassar

Information Technology – Shanda Mazzorana

Internal Services – Victor Campa

Juvenile Services – Lauren Rabbito

Library – Wil Fowler

Management & Budget – Marla Golberg

Medical Examiners – Cynthia Larson

Parks, Recreation & Open Spaces – Shawn Ramirez

Police Department – Kelly Kennedy

Public Housing & Community Development – Simona Marlow

Regulatory & Economic Resources – Raul Gonzalez

Seaport – Elisa Crespo

Water & Sewer – Cecilia Brewer-McDuffie

Feel free to contact your Wellness Liaison for more information regarding wellness programs and events. If your department does not have a wellness liaison listed above and you are interested in representing your department, please contact Dennys Gonzalez via email at degonz@miamidade.gov.

This newsletter is produced by the Miami-Dade County Employee Wellness Center.