



Cool Summer Self Care Series

JULY 18

Government Center Lobby

9:30 a.m. to 1:30 p.m.



Attend one of these...

Mini classes both in the lobby and the Employee Wellness Center Exercise Room

Latin Dance 9:30 a.m. – 11:30 a.m.
Line Dance..... 10:30 a.m. – 12:30 p.m.
African Dance 11:30 a.m. – 1:30 p.m.
Short Chef Food Demonstration (Lobby) 12 noon
Tai Chi (outdoors under the overhang) 12:45 p.m.

Other Activities Include...

Grab lunch at the Food Trucks outdoors to support the Black Affairs Advisory Board's "Young Pillars" scholarship program.

Photo Booth – save your strip for drawing in August from Dade County Federal Credit Union

Chair Massages

Dance Station – Virtual Reality

Pet Adoptions - Animal Services Department 11:00 a.m. – 1:30 p.m. only

Learn a dance step and complete passport activity **for 25 wellness points**

Stop by and meet with...

AAA Auto Club
Actors' Playhouse
BJ's Wholesale Club
Cultural Affairs
D. Travel Place
Dade County Federal Credit Union
Dream Vacations
Fast Boat Rentals
Florida Panthers (bringing mascot)
Macy's Department Store
Miami-Dade Public Library
Miami Marlins
Office of Community Advocacy
Paparazzi
Rapids Water Park – contest only
Wellness Works Coaches
Zoo Miami

