

The Human Resource Department's WellnessWorks Program invites you to participate in our new Wellbeing Challenge

PURSUIT of PEACE & PURPOSE CHALLENGE

Unwind your mind, achieve your goals, and revive your health by joining the Pursuit of Peace & Purpose Challenge. Escape the fast tempo pace of life stressors and get to know yourself by engaging in mindful activities to improve your emotional, psychological, and physical well-being.

THE CHALLENGE

Complete and log at least one Pursuit of Peace & Purpose Challenge Action daily for at least 20 days to complete the challenge earn 100 points

CHALLENGE ACTIONS

- Fitness Activities (Movement minutes) & Purpose Exercises
- Walking & Running
- Cycling
- Writing your purpose statement and goals, creating a vision board
- Daily 5 minute devotion or meditation
- Yoga, Pilates
- Taking daily actions towards your goals and recording it in your journal.

REGISTRATION OPENS

January 8

CHALLENGE RUNS

January 22–February 17

TO ENROLL

AvMed members visit www.HealthyRoads.com

- Select “Challenges”
- Click “Pursuit of Peace & Purpose Challenge”
- Join Challenge

REWARD

Upon completion of the challenge, you will receive 25 WellnessWorks Incentive Points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points, you will be entered to win one of the \$250 wellness rewards (subject to payroll taxes.)

FOR MORE INFORMATION contact WellnessWorks@miamidade.gov

Presented by the Human Resources Department's Benefits and Employee Support Services Division



To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).