

THE
BIGGEST
WINNER
CHALLENGE
2023

CHOOSE YOUR CHALLENGE



OR



MUSCLE GAIN

All challenge participants will also receive free wellness and nutrition coaching throughout the challenge, incentives at the assessments, and 25 points for completing the challenge that will go toward their 75 points for the quarterly \$250 raffle.

9:00 AM – 12:00 PM and 12:30 PM – 4:00 PM

[illegible]

FOR MORE INFORMATION VISIT <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>

PRESENTED BY THE HUMAN RESOURCES DEPARTMENT BENEFITS AND EMPLOYEE SUPPORT SERVICES DIVISION



To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Myra Marlow, 305-375-4167 or Myra.Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).