



RESOURCES & SUPPORT

AT YOUR FINGERTIPS FOR THE

Holiday Season



WELLNESSWORKS, EMPLOYEE ASSISTANCE AND EMPLOYEE APPRECIATION AND RECOGNITION TEAMS ARE HERE TO SUPPORT YOUR SAFETY, HEALTH AND HELP YOU STAY STRESS FREE

* **OBTAIN HEALTHY LIFESTYLE TIPS WITH SELF-CARE WEBINARS**

Join WellnessWorks Health Coaches for weekly Webinars on various health education topics and get tips on how to improve your overall health and wellness


* **STRENGTHEN YOUR MIND AND REMAIN RESILIENT WITH WELLTALKS**

Join the EAP Team for weekly discussion with strategies and techniques that improve emotional resilience and wellness

* **CELEBRATE MILESTONE ACHIEVEMENTS AND ACCESS FINANCIAL AND INTELLECTUAL WELLNESS INFORMATION ANYTIME WITH A VISIT TO THE EMPLOYEE APPRECIATION CHANNEL**

You may also explore and watch videos on these Microsoft Stream Channels: WellnessWorks & EAP Channel, Emotional Wellness Channel, Employee Appreciation Channel

For more information and resources email WellnessWorks@miamidade.gov or scan below QRS code:



Presented by Human Resources and the Benefits and Employee Support Services Division