

WellnessWorks invites you to escape the work day and take a short break to reinvigorate your health.

Earn WellnessWorks swag as you deepen and grow your health and wellbeing by attending the

# Miami-Dade County WellnessWorks Educational Workshops

at a County location nearest you.



## WHAT SHOULD YOU EXPECT

A variety of health-related topics relevant to helping you maintain a healthy lifestyle as you balance life's responsibilities and obligations, including work, wellness, lifestyle, and family.

After each workshop you attend, receive stickers or punches for the workshop tiles on the back of this card. Upon receiving 10 stickers or punches, submit your card to a WellnessWorks Health Coach or staff member to request your prize.

For questions email [Wellnessworks@miamidade.gov](mailto:Wellnessworks@miamidade.gov)

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](mailto:takia.burnett@miamidade.gov) five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).





DATE \_\_\_\_\_

WORKSHOP \_\_\_\_\_

DEPARTMENT \_\_\_\_\_



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# MIAMI-DADE COUNTY WELLNESSWORKS EDUCATIONAL WORKSHOPS PUNCHCARD



*Attend 10 workshops and get  
10 punches/stickers to be entered  
for a chance to win a prize*



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