

**“Wellness is not a ‘medical fix’ but a way of living – a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever.”**

- Greg Anderson

## COVID-19

### Pfizer Booster Recommendation Updates

CDC has updated their recommendations for when people can receive a booster shot, shortening the interval from 6 months to 5 months for people who received the Pfizer-BioNTech COVID-19 Vaccine.

[Learn More](#)

## Eat Smart: WellnessWorks Coach Nutrition Corner

### Cauliflower Gnocchi Carbonara

Frozen cauliflower gnocchi is a time-saving, low-carb convenience food that works perfectly as a base for creamy, comforting carbonara.

[View Recipe](#)

### Children’s Dental Health Month

During the month of February, the American Dental Association celebrates National Children’s Dental Health Month. This month-long national health observance reinforces the importance of oral health in children as well as helping parents with tips to keep their child’s smile on track!

[Learn More](#)

[Read More](#)

### WellnessWorks invites you to join the “Get your Ticker Tocking Steps Challenge”

- Registration Opens: February 7
- Dates: February 13 – March 12, 2022
- Challenge: 125,000 steps in just 4 weeks

[Learn More](#)

### Biometric Screenings are here!

Get to know your health by attending one of the WellnessWorks onsite Biometric Screening events hosted at locations throughout Miami-Dade County. The current location schedule is listed below.

#### Animal Services Department

February 3, 2022

#### Department of Solid Waste Management - 58th Street Operations

February 8, 2022

#### Stephen P. Clark Center (SPCC)

February 9, 2022

#### Department of Solid Waste Management - 3A Operations

February 10, 2022

#### Department of Water and Sewer Management HQ

February 15, 2022

#### Department of Transportation and Public Works-

February 16, 2022

#### Department of Solid Waste Management - 3B Operations

February 17, 2022

#### Miami-Dade Corrections and Rehabilitation - MLK Plaza

February 22, 2022

#### OTV North

February 23, 2022

[Click For more information](#)

### Get Moving and Stretching

WellnessWorks “Take 10 for Your Health” Virtual Breaks returns in 2022!

Every Tuesday, from 11 am - 11:10 am, take just 10 minutes for yourself to stretch your muscles and move your body.

Join Take 10 Virtual Breaks with Health Coach Debbie:

[Click to Join](#)

**Did you know: Moving your large muscle groups releases endorphins and elevates your mood.**

### Healthy Selfie:

MDC employee **Yvonne Gonzalez**, of ISD, was one of many employees who received a mystery raffle prize from WellnessWorks for completing their Flu Shot Attestation on [www.healthyroads.com](http://www.healthyroads.com).

#### Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you’re eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).

### Have you benefited from participating in WellnessWorks?

Tell us how you Thrive



Have you benefited from participating in WellnessWorks? Share your story and tell us how you thrive as a result of being part of the County family at [ITHRIVE@miamidade.gov](mailto:ITHRIVE@miamidade.gov)

You can visit the site to read about your coworkers and share your personal experience too. Together we *thrive*.

[Learn More](#)

### Virtual physical care — overcome your pain at home.

Start your journey to living pain free with **SWORD**, virtual physical care for back, joint and muscle pain that you can do from the comfort of home, or anywhere.

Combining the best in human care with easy-to-use technology, SWORD offers a proven and more convenient option than traditional in-person physical therapy.

**SWORD** is Available to Miami-Dade County enrolled employees and their dependents 18 and older at no additional cost as part of your health plan.

[Sign Up Today!](#)

### Stay Tuned Next Month...

- Acts of Kindness Challenge Spin Wheel Raffle Virtual Event
- Biometric Screenings

South-Dade Government Center- 3/8/2022

Miami-Dade Fire Rescue HQ- 3/1/2022

Information Technology Department- 3/9/2022

For more information visit [Wellness Resource Page: Wellness Works Resources \(miamidade.gov\)](#) or email [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)