

“Health and intellect are the two blessings of life.”

—Menander



WellnessWorks challenges you to focus on improving your health and fitness in 12 weeks.

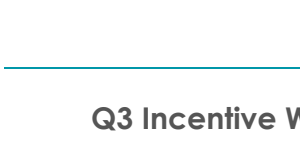
Choose your challenge: **muscle gain or fat loss.**

Registration opens – **January 9, 2023** Challenge runs from **February 13 through May 19, 2023**

To join your department team, contact your Department Representative or Wellness Liaison to be added to your department team.

The Challenge will include:

- Online Webinars geared towards burning fat and building
- Each team will be assigned a Wellness Coach to guide their success
- Bodimeatrix Ultrasound tracking measurements at initial and final assessments
- Teams based on location
- Easy access to special events, measurements and incentives
- Awards and Prizes



Join the Grace and Gratitude Challenge

Kick off your new year on a positive note by going out of your way to give your compassion, kindness and love to others.

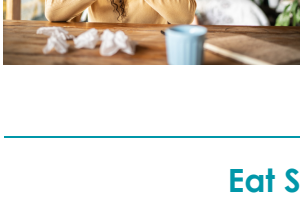
Challenge runs: January 16- February 12, 2023

Register on Healthyroads.com beginning January 9, 2023

[Read More](#)

Q3 Incentive Winners that won the \$250.00 for receiving their 75 points.

First Name	Last Name	Department
SHAWANDA	SMALL	Corrections and Rehabilitation
SONYA	CLINKSCALE	Clerk of Courts
FRANK	MONTESINO	Water and Sewer
REGINALD	YOUYOUITE	Human Resources
JUDY	SANTOS	Aviation
MIOZOTIS	QUINTANA	Corrections and Rehabilitation
ELLEN	BERGER	Libraries
EMILY	LAUGHLIN	Animal Services
MAGALIE	GELIN	Regulatory & Economic Resources
LENA	WILBON	Libraries
JESUS	CORDOVES	Aviation
TRANEA	WILLIAMS	Fire Rescue
RUTH	QUINTANA	Transportation and Public Works
TWYLA	THOMPSON	Clerk of Courts
DUANE	RILEY	Aviation
DARREN	CAPRARA	Information Technology
BARBARA	MERA	Water and Sewer
MARIA	GRANERA	Police
KELLY	ALLOCCO	Cultural Affairs
LIANA	PUPOCUARTAS	Libraries



Vaccination Health

Getting a Flu and Covid Vaccination at the same time?

CDC advises you may receive a flu vaccine and a COVID-19 vaccine at the same visit if you are due for both vaccines.

[Learn More](#)

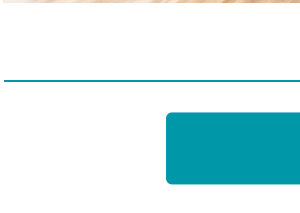
Eat Smart: WellnessWorks Coach Nutrition Corner



Sheet-Pan Salmon with Sweet Potatoes & Broccoli

Sheet pan meals are quick and easy to make. All ingredients are added to a baking sheet, baked in the oven, and ready to go! This recipe creates a well-balanced meal with a lean protein, healthy fat, and complex carbohydrate. Enjoy!

[View Recipe](#)



Healthy ways to strengthen your immune system

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system working properly.

[Health Tips for Adults](#)

[For more information](#)

Get Fit! MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

Consuming Healthy Food and Beverages

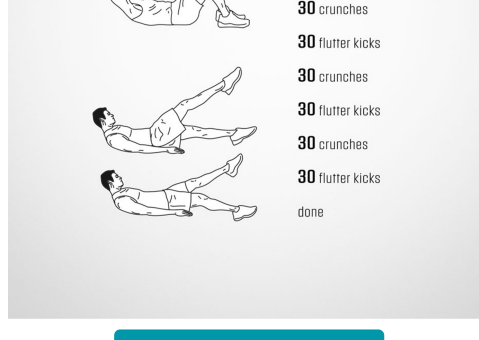
Being aware of food portion size, the kinds of foods and beverages you consume, and how often you have them may be a step to help you make healthier food choices.

What kinds of foods and drinks should I consume?

Consume more nutrient-rich foods. Nutrients—like vitamins NIH external link, minerals NIH external link, and dietary fiber—nourish our bodies by giving them what they need to be healthy. Adults are encouraged to consume some of the following foods and beverages that are rich in nutrients.

[Learn More](#)

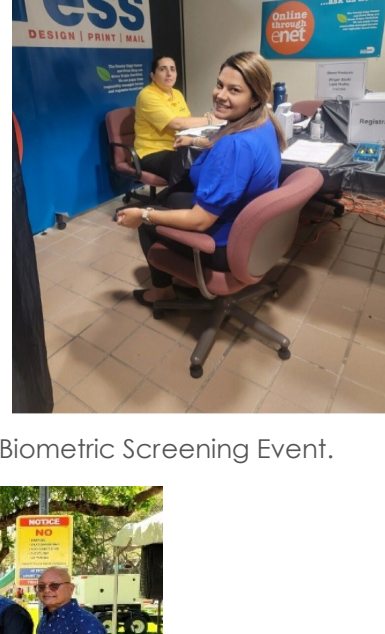
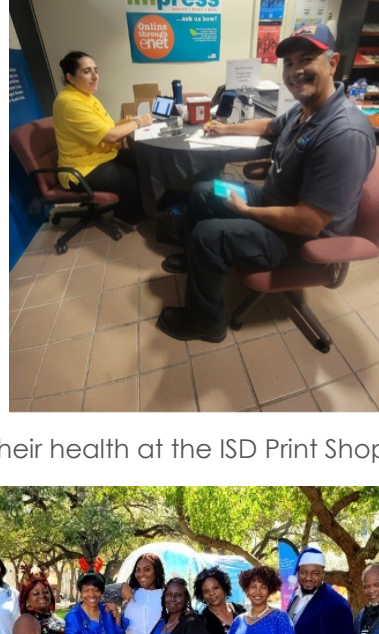
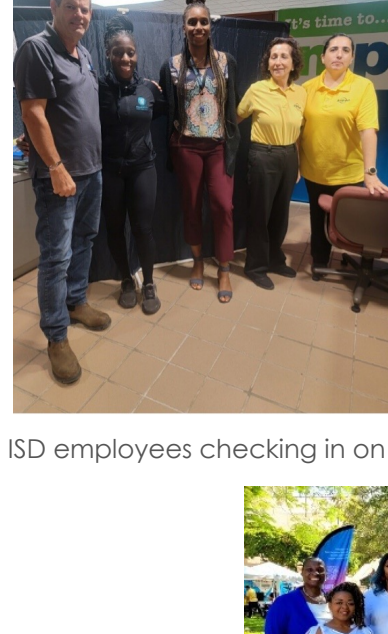
Workout of the Month



[Read More](#)

Healthy Selfie:

2022 End of Year Wellness Event Highlights



ISD employees checking in on their health at the ISD Print Shop Biometric Screening Event.



Transit Expressions Choir bringing joyful sounds and serenading MDC employees at the Winter Wellness Extravaganza event at The Stephen P. Clark Center.

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.

In-person Health and Wellness Events

Biometric Screenings

Stay on top of your health and wellness this year by attending a WellnessWorks Biometric screening event coming to a site near. Screenings will include, blood pressure, cholesterol, height and weight, and blood sugar.

January 24, 2023

Stephen P. Clark Center- 111 NW First St., room 18-3, Miami, FL 33128
10:00 am – 2:00pm

January 25, 2023

Intracoastal Station- 15665 Biscayne Boulevard, Miami, Florida 33160
10:00am-2:00pm

January 31, 2023

South Dade Government Center - 710 S.W. 211th Street, Room 104, Cutler Bay, FL 33189
10:00am-2:00pm

For additional sites, visit

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

Wellness Educational Presentation and Workshops

Enhance your wellness knowledge and learn tips on how to lead a healthy lifestyle. Presentations and workshops will provide topics on nutrition, exercise, stress management strategies and much more.

Nutrition Workshop

January 19, 2023

MDC Police Training: 9601 NW 58 St., Doral, Florida 33178
10 am – 12 pm

Boost your Immunity Presentation and Health Coaching

January 23, 2023

Miami Dade Corrections: 1351 N.W. 78th Avenue, Miami, Florida
2nd floor Conference Room
11 am - 3 pm

January 26, 2023

Medical Examiners: 1851 NW 10 Ave., Miami, FL 33136
12 pm - 3 pm



Bariatric Weight-Loss Surgery Webinar

Looking to change your story? Our bariatric weight-loss surgery program has helped thousands transform their lives.

Join us on Thursday, January 12, 2023, at 6:30 p.m. for a free, informational Zoom webinar, where you will have all of your questions answered by our bariatric surgeons.

Visit JacksonCanHelp.org to register or call 305-585-TRIM (8746) to schedule a consultation.

[Learn More](#)

Emotional Wellness Reminder:

Start the new year right and focus on your mental and emotional health in 2023. Here are some reminders to get you started on the right foot:

- **Aim for progress, not perfection.** When it's really bad, congratulate yourself for making it through the day. We all have that little voice in our mind that tells us we did not do enough, say the right thing or could have done things differently. Have compassion for yourself and be mindful to challenge that thinking this year. Remember we are all doing our best.
- **Try not to judge yourself.** Whether you woke up on January 1, 2023, with or without a crystal-clear vision of what you'd like to achieve, a positive attitude of gratitude, and inner peace, you are on your way. You don't need an overarching goal or resolution to make changes. It can be just little goals throughout the week/month that add up to a big change. Don't judge yourself if you fall off track after a few days just renew your commitment and move forward. We've been through a lot and it takes time to achieve change big or small.

If you or a loved one are struggling, you are not alone and we are here to support. Miami-Dade's Employee Assistance Program (EAP) is a confidential service which focuses on assisting those who are struggling with thoughts or feelings that may be affecting their ability to function at home, work or in the community. Our licensed clinical team is providing online and virtual assessments and support sessions for all employees that are in need of assistance.

To set up services with an EAP counselor at no cost please call **305-375-3293** or email Jessica.Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

For more information visit

<https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page> or email wellnessworks@miamidade.gov