

Subject: MDC Wellness Watch June 2023
From Name: Miami-Dade County WellnessWorks Team
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Reply-to Email: WellnessWorks@MiamiDade.gov
Preview Text: Get the Latest Wellness News, Programs and Events



June 2023

"A calm mind brings inner strength and self-confidence, so that's very important for good health."

– Dalai Lama

Summer Wellness Festival!

Hustle and Thrive this Summer with Wellness Works
Presented by Mayor Daniella Levine Cava

Employees may come out and enjoy a day of 70's theme fun in the sun on June 20, from 10 am – 2pm, at the Stephen P. Clark Government Center, 111 NW 1st Street, Miami, FL 33128 West Courtyard.



For More Information

Drink Up and Hydrate Challenge

Summer is hot enough, be on top of the heat this summer and join the WellnessWorks "Drink up and Hydrate Challenge".

Water is essential in ensuring good health and especially during the summer months, keep your body temperature under control by ensuring adequate hydration to lessen your chance for heat related illnesses such as dehydration, heat exhaustion and heat stroke.

Registration Opens - June 5
Challenge Runs- June 19- July 15

For More Information

Cool Summer Series: Beat the Heat Summer Hydration edition!

Visit a MDC location nearest you to learn tips on keeping up with your hydration this summer. Enjoy a refreshing drink and ideas to spruce up and enhance your water with fruit and herbs to achieve and ensure adequate levels of hydration this summer.

Visit <https://secure.miamidade.gov/employees/coronavirus/wellness-works-resources.page> for locations hosting a Cool Summer Series: Beat the Heat Summer Hydration event.

Eat Smart: WellnessWorks Coach Nutrition Corner



Chicken Tacos

Indulge in a burst of flavors with these healthy and delicious chicken tacos! Juicy chicken marinated in zesty spices, topped with fresh salsa and creamy guacamole, and served on warm tortillas with crunchy lettuce and yogurt.

Click here to create this healthy tasty treat!

June Men's Health

June is National Men's Health Month let's take a minute to look at some facts:



According to the CDC, the average lifespan for men is about five years less than women, and over the years there has been a gradual increase in this gap. The top three causes of death for men include heart disease, cancer, and unintentional injuries.

There isn't one particular reason for this lifespan and health disparity, but there is a group of factors that contribute to the cause. Men are almost twice as likely as women to die of a heart attack and significantly more likely to die of cancers as compared to women. Also, men are less likely to undergo treatment for mental health conditions such as depression, resulting in nearly a 4x increased likelihood of committing suicide. A higher percentage of men do not have healthcare coverage – this, in turn, leads to a lower use of healthcare resources, as men are less likely to schedule routine doctor's appointments.

One of the most problematic behaviors contributing to this lifespan disparity is the non-help-seeking nature amongst men. Statistics show that women are 33% more likely to visit their doctor and 100% better at maintaining screening and preventive services than men. Preventive visits are essential to improving everyone's health, regardless of their age or gender.

Learn about 5 tips for men's health

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

How can I start or keep up an activity program that works for me?



As you grow older, you go through many changes, and you may need to adjust your lifestyle for healthy aging. Healthy eating and regular physical activity can be keys to good health at any age. Making suitable lifestyle choices may also prevent some health problems, such as diabetes, heart disease, and some cancers. Health tips include:

For health tips to stay healthy as you age click here

Workout of the Month



Read More

Healthy Selfie:



WellnessWorks showed appreciation to Sandra Jackson, of the Aviation department for her participation in the 2022 Wellness Liaison Rewards Program. Sandra's efforts in promoting and engaging employees in her department helped her to achieve a total of 1,460 points which contributed to her receiving rewards and incentives

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.

June is Men's Health Awareness Month

A big obstacle in men's mental health is the stigma. Guys are supposed to be "strong," and issues such as depression are viewed as signs of "weakness." However, this male mental health stigma is actually killing men. According to the American Foundation for Suicide Prevention, in 2019, men died by suicide at a rate of 3.63 times higher than women.

While there is no way to prevent mental health disorders from developing, there are ways to reduce the symptoms and live a happy life.

- **Healthy communication** with friends and family, especially during stressful times, can ease depression and anxiety.
- **Seeking treatment** at the onset of symptoms can prevent them from worsening. Attending regular therapy sessions can prevent relapses.
- **Stress-relieving exercises** such as yoga and meditation can help people maintain good mental health.
- **Practicing positive lifestyle choices**, in general, can help people maintain good mental health such as healthy eating, exercise and good sleep practices.

It is **never wrong to seek professional help** and support from your doctor or therapist. If you or a loved one are struggling, the EAP is here to support. There is hope. You can reach the EAP at 305-375-3293 to speak with one of our licensed clinicians and learn more about our services (www.miamidade.gov/support-services)

To learn more about the prevalence of Mens Mental Health you can visit:

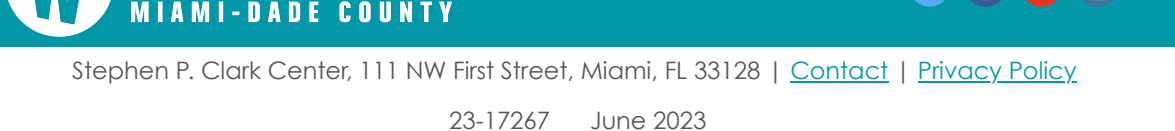
<https://mhanational.org/mens-health-month>

Q1 Incentive Winners

Q1 Incentive Winners that won the \$250.00 for receiving their 75 points.

FIRST NAME	LAST NAME	DEPARTMENT
Virginia	Cheng	Aviation
Lytice	Ferreras	Solid Waste Management
Barbara	Cuesta	Water and Sewer
Edna	Suarez	Police
Ana	Finol	Aviation
Paula	Romeo	Aviation
Adriana	Garcia	Libraries
Monica	Frazier	Juvenile Services
Zorana	Whitehead-seymore	Libraries
Lisset	Guasch	Regulatory and Economic Resources
Yohana	Ramos	County Attorney's Office
Kathryn	Mcmillan-white	Tax Collector
Julia	Banks	Parks, Recreation, and Open Spaces
Bianca	Guevara	Communications Department
Jorge	Dearmas	Police
Gina	Royero	Tax Collector
Beth	Wojas	Water and Sewer
Rolando	Sablon	Water and Sewer
Leana	Fonseca	Water and Sewer
Maria	Lomeli	Internal Services

For more information visit
WellnessWorksResources.miamidade.gov/
or email wellnessworks@miamidade.gov



Stephen P. Clark Center, 111 NW First Street, Miami, FL 33128 | [Contact](#) | [Privacy Policy](#)

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