

# Health & Wellness Coaching For Miami-Dade County Employees



Miami-Dade County's "Wellness Works" program now offers Health & Wellness Coaching for employees and dependents who are AvMed Members. This is a free service to help make – and keep -- YOU healthy!

## What is Health & Wellness Coaching?

Health and Wellness Coaching is a partnership between you and a trained, professional Health & Wellness Coach (HWC) to help YOU be your best and healthiest self. Your HWC will not simply tell you what to do; she will help you create a program designed to reach your goals. The HWC will guide, support and encourage you, but ultimately YOU are responsible for your own choices and actions.

## How A Health & Wellness Coach Can Help YOU:

- **LISTEN:** Clarify what it is YOU want to do in order to get – and stay – healthy;
- **WORK WITH YOU** to design an individualized action plan based on your Personal Health Assessment (PHA);
- **CO-CREATE** realistic goals and then break them down into smaller, achievable action steps;
- **ASSIST** in getting you the necessary screenings, biometrics, fitness options, immunizations, resources and follow-up care from your health providers;
- **ENCOURAGE, MOTIVATE AND SUPPORT** you toward reaching your goals; and...
- **CELEBRATE** your victories with you!



Embrace better health.®

# MEET YOUR HEALTH & WELLNESS COACHES!

**Islara B. Souto, MPH**

Islara.Souto@AvMed.org

**305-375-1532**



Islara has a professional health background with extensive experience in making -- and keeping -- people healthy through implementing worksite wellness programs. Her coaching skills focus on helping members create meaningful changes to their lifestyles through goal-setting, motivational interviewing, mind-body wellbeing, and prevention and management of difficult or chronic conditions. Islara coaches in both English and Spanish and welcomes members to visit her office on the 20th floor or make a telephonic appointment.

**Her specialties include:**

- Anxiety, Stress and Depression • Heart Disease & Stroke, High Blood Pressure & Cholesterol
- Smoking Cessation • Healthy Lifestyles & Behavior Modification • Family Issues

**Jalessa Brandon, MPH**

Jalessa.Brandon@AvMed.org **305-375-1534**



As a wellness professional, Jalessa has counseled corporate leaders on issues related to improving health including nutrition, exercise, cholesterol, blood pressure and more. She has also taught High School Health Education in Miami where she organized and implemented events designed to promote healthy living, including health fairs and parent/teacher outreach.

**Her specialties include:**

- Physical Activity • Disease Prevention/Health Risk Management • Smoking/Tobacco Cessation
- Stress Management • Cholesterol Regulation

**Michelle Gelfand, CDE, MS, RD, LD/N** Michelle.Gelfand@AvMed.org **305-375-1504**



Michelle is a registered dietitian who comes to the County from the clinical and outpatient hospital Conway Medical Center, in Myrtle Beach, SC. She brings with her multiple years of experience in nutrition assessments, education, and counseling to patients of all major disease states. Michelle also is a certified diabetes educator specializing in diabetes management. She has helped hundreds of people lose weight, improve or resolve health problems, and lead healthier lives through nutrition.

**Her specialties include:**

- Diabetes Education • Bariatric Surgery and Weight Loss Education • Meal Planning
- Sports Nutrition • Cardiovascular Diseases

**Lara Benezra, MS, ACSM**

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**305-375-1507**



Lara is a Wellcoach™ Certified Wellness Coach. She is also a Certified Exercise Physiologist and Physical Activity Public Health Specialist, by the American College of Sports Medicine. Lara has a wealth of experience in health coaching, with high participant satisfaction rates. Lara has helped hundreds of people achieve their health goals, engaging participants in wellness programs that have successfully impacted their quality of life. Her coaching skills focus on fitness and helping others achieve a healthier lifestyle. Lara is also CPR and AED certified.

**Her specialties include:**

- Weight Training • Physical Activity • Personal Training • Exercise

Our Coaches are HIPPA-Certified and ensure that all information remains completely confidential. Coaching sessions are private. No personal health information is shared with Miami-Dade County. Coaching can be done face-to-face, by email or by phone -- whichever is most convenient for you! Walk-ins are welcome at the Stephan P. Clark Government Center's 20th floor.

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