WELLNESSWORKS MIAMI-DADE COUNTY

September 2026

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



Healthy habits, local tips, and county resources for a strong start to the year | aetna

"Wellness comes with finding peace with your inner self in the middle of chaos when you decide to be kind to yourself." -Unknown

August Spotlight

10th Annual Sunrise 5k & Family Fun Day, Presented by Mayor Daniella Levine Cava



Wake up and experience the magic of dawn. Join us for a serene and invigorating 5K run as the sun paints the sky crimson and gold. This isn't just a race; It's an experience designed to boost your energy, clear your mind, and start your day with a since of magic. Run, walk, or jog along the blissful route as the first rays of light guide your stride. Bring your family along to enjoy the fun on Saturday, October 3, 2026, 6 AM – Noon at Jungle Island, 1111 Parrot Jungle Trail, Miami, FL 33132.

Early Registration Opens: August 8 – September 1, 2026

General Registration: September 2 – October 3, 2026, prior to the event start time.
https://runsignup.com/Race/FL/Miami/MDC5kFamilyFunDay

For more information visit https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page or email WellnessWorks@miamidade.gov

Mind and Mood – "Practice Stress Management Well Being Challenge"

Reset your mindset about stress during September by joining the Mind and Mood – "Practice Stress Management Well Being Challenge". Try to reframe your thoughts about stress from it being a challenge to stress being an obstacle you can overcome.

To complete the challenge please attest weekly in the Aetna Health Your Way platform/app that you have
completed three stress management activities and log them for at least 20 days from September 7-October 4 to earn 100 points to complete the challenge!

For more information visit https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page

Sizzle Your Waist Challenge

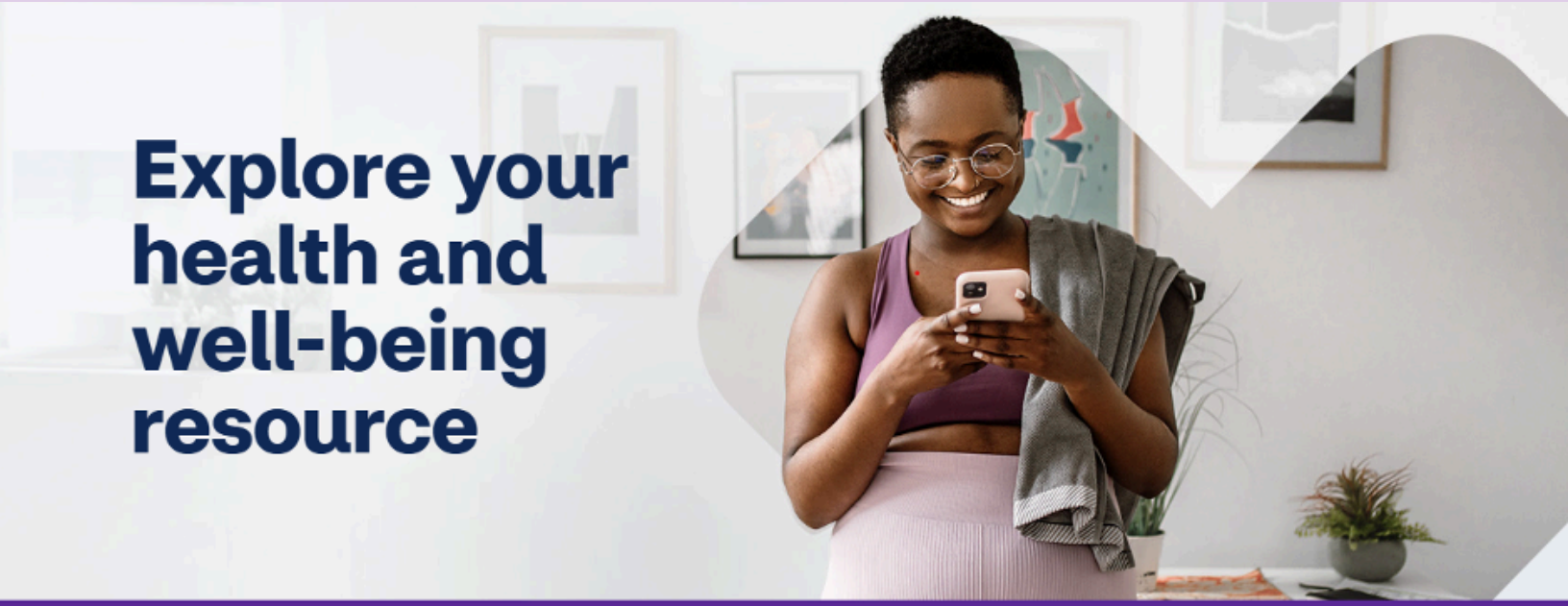


See how your biometric measurements can add up and help you win the Sizzle Your Waist Challenge between July 20 – December 1, 2026. To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist Circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.

To participate:

First-time users: Sign in at Aetna.com. Scroll to Well-being Resources. Select "Aetna Health Your Way," or download the MyActiveHealth Wellness app from the App Store or Google Play. When logged in select profile, then choose the Sizzle Your Waist Challenge and attest that you completed both your Spring and Fall Biometric screening.

For more information visit https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page



Welcome to Aetna Health Your Way™

As part of **Aetna Health Your Way™** you have access to a digital health platform that helps you achieve your best health in a whole new way.

Two Simple Steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized pathway that can help you achieve your health goals.

Plus, You can:

- Read, watch, and listen to health content on a wide variety of topics
- See what's trending among other users in the platform
- Search by a specific topic

Ready to explore Aetna Health Your Way today?

Just sign in at Aetna.com and scroll to Well-being resources and select "Aetna Health Your Way." Or download the MyActiveHealth Wellness app from either the App Store or Google Play.

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Download on the App Store

GET IT ON Google Play

Manage Your Benefits Anywhere

With the Aetna Health℠ app and Aetna® member website, you can take control of your health benefits with easy, on-the-go tools. Whether you're at home or traveling, you can quickly access your plan details, find care, and manage costs—all in one place.

Stay on Top of Your Plan

- Review coverage and benefits
- Track spending & view claims
- Access your digital ID card
- Get cost estimates before care*

Connect to Care

- Find in-network providers & virtual care
- Locate walk-in clinics & urgent care
- Check provider reviews

Get Started

- Register at MyAetnaWebsite.com
- Download the Aetna Health℠ app
  - Text "AETNA" to 90156
  - Or scan the QR code

*Cost estimates vary by market and service. Terms: Aetna.com/Terms. Privacy: Aetna.com/legal-notices/privacy.html

Making healthy changes doesn't have to feel overwhelming.

With WellnessWorks health and wellness coaching, you get personalized support to help you move forward with confidence.

Specialties include: Stress Management • Weight Management • Nutrition Education • Smoking Cessation • Healthy Lifestyle & Behavior Modification • Disease Prevention & Management • Meal Planning

To make an appointment, call or email health coaches directly.



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Upcoming Wellness Events

A Few Minutes Today—A Healthier You Tomorrow!

Biometric Screenings

Start off the new year right and boost your health by attending a WellnessWorks Biometric Screening. All Aetna eligible MDC employees may attend this free screening that includes:



- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

Wellness Educational Workshops

Prioritize your health by attending a WellnessWorks Wellness Educational Workshop at an MDC Location nearest you. Workshops help you enhance your knowledge on healthy lifestyle subjects that include Goal setting, Heart health, Stress management, Physical activity and so much more.

Upcoming Wellness Events:

Sept. 2 Water and Sewer Department (Lejeune)
3575 S. LeJeune Rd., Miami, fl., 33133 Cafeteria
10 a.m. – 2 p.m.

Sept. 2 Diabetes Management
Miami Dade Corrections Headquarters - 3505 NW 107th Avenue, Doral, FL 33178
Presentation 11 a.m. – 12 noon,
Free Individual Coaching appointments available: 12:30 p.m. - 3 p.m.

Sept. 3 Elections Training & Support (TSC)
-9835 NW 14th Street, Miami, Florida 33172, Employee Lounge
10 a.m. – 2 p.m.

Sept. 3 Know and Control Your Cholesterol numbers
Stephen P. Clark Center - 111 NW 1st Street, Miami, FL 33128, Room 18 - 4
Noon- 1 p.m.

Sept. 8 Stephen P. Clark Center 111 NW 1st St unit Miami, Fl 33128,
Room: 18-3
10 p.m. – 2 p.m.

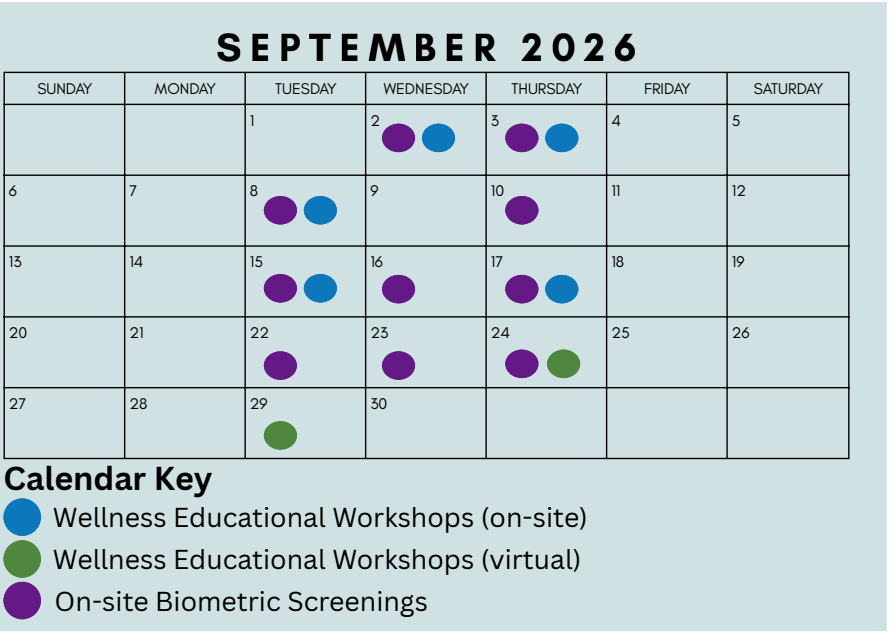
Sept. 8 Know and Control Your Cholesterol numbers, OTV North Bldg. - 701 NW 1 St. Court, Miami, FL 33136, First Floor Conference Room - Front RM.130
Presentation, 11 am - 11:45,
Free Individual health coaching 12:30- 2 pm

Sept. 10 Miami Dade Fire Rescue HQ
9300 NW 41st St, Doral, FL 33178, Room: Training Building Room 1-002
10 p.m. – 2 p.m.

Sept. 15 Pretrial Detention Center (PTDC)
1321 NW 13 Street, Miami, FL 33125, Room #: 7th Floor B-Wing
noon – 5 p.m.

Sept. 15 Healthy Habits to Manage Hypertension
DTPW Central Garage, The Rosa Park Building, 3300 NW 32nd Ave, Miami, FL 33142
10 a.m. - 2 p.m.

Sept. 16 WASD
6800 SW 87th Avenue Miami, FL 33173,
Room: 1st Floor lunchroom for biometrics
11 am – 3 pm



Sept. 17 WASD
3071 SW 38 Avenue, Miami, FL 33146,
Room: Training Room 156B
10 a.m. – 2 p.m.

Sept. 17 Know and Control Your Cholesterol numbers
3071 SW 38 Avenue, Miami, FL 33133 - Training Room 156A
10 a.m. – 2 p.m.

Sept. 22 DTPW (Coral Way Garage)
2775 SW 74th Avenue, 1st Building 1st Floor, Room: Driver's Room
10 a.m. – 2 p.m.

Sept. 23 Miami Dade Sheriff Office HQ
9105 NW 25 Street, Doral, Fl, Room: MDSO Auditorium
8 a.m. - 5 p.m.

Sept. 24 Miami Dade Sheriff Office Training Bureau
9601 NW 58 St. Doral, FL 33178, Room: #403
10 a.m. – 2 p.m.

Sept. 24 Know and Control Your Cholesterol numbers
Aviation- Virtual, https://events.teams.microsoft.com/event/217bd08b-736a-48c3-af00-8f47fc1e7a16@fabb61b8-3afe-4e75-b934-a47f782b8cd7
11 a.m. – noon

Sept. 24 Turner Guilford Knight Correctional Center (TGK)
7000 NW 41 Street, Miami, FL 33166
noon – 5 p.m.

Sept. 29 DTPW Northeast Garage.
360 NE 185th Miami, FL 33179,
Room: Drivers room
10 a.m. – 2 p.m.

Sept. 29 Setting the Table for Heart Health
Library- Virtual
https://mdpls.zoom.us/j/81276148039?pwd=gzahpYsMNeuoPInfiKUkJyrADcT5hd.1
2 p.m. – 3 p.m.

Sept. 30 OTV North 701 NW First Ct
Miami, Fl 33128
Room: Back Room 130
10 a.m. – 2 p.m.

September Health Observance

September is a great time to reset your routine as summer winds down. This month focuses on healthy aging, balanced nutrition, consistent movement, and habits that support long-term health.

Health Observance Spotlight: Healthy Aging Month

Healthy aging is supported by habits we build throughout adulthood. Regular movement, nutritious food, adequate sleep, preventive care, and staying socially connected can contribute to health and independence over time.

September health observances: Office of Disease Prevention and Health Promotion

[September National Health Observances: Healthy Aging, Sickle Cell Disease, and More - News & Events | odphp.health.gov]

Health Tip of the Month: Make Consistency Your Goal

Remember: A healthy routine does not have to be extreme to be effective. Pick a realistic target you can repeat each week. The September challenge is a simple way to establish a starting point, complete manageable work consistently, track progress, and build from your results.

~Your Fitness Center Wellness Team

Physical activity guidance: CDC - Adding Physical Activity as an Adult (Adding Physical Activity as an Adult | Physical Activity Basics | CDC)

Wellness Tips for September:

- Build movement into your workday. Take short walking or stretching breaks.
- Prepare meals ahead of time. Planning can make balanced meals easier during busy weeks.
- Protect your sleep routine. Consistent sleep and wake times can support recovery, energy, and focus.
- Use the challenge for accountability. Track weekly totals and focus on consistency rather than perfection.

September Fitness Center Challenge: 300 Wellness Challenge

This month, our workout focus is the Fitness Center's 300 Wellness Challenge. Using push-ups, dips, sit-ups, and squats. Employees have four weeks to establish a baseline, build consistency, complete a goal, and continue the momentum.

Challenge Dates: September 1 - September 2

150 REPS TOTAL

- Great for all fitness levels

300 REPS TOTAL

- Take it to the next level

1. **BASELINE -** Perform each exercise once to establish your personal starting point. Record your numbers and choose your goal.
2. **BUILD -** Work toward your goal over four weeks. Track progress weekly and ask the fitness center team for tips or
3. modifications.
4. **COMPLETE -** Choose 150 or 300 total reps and complete your goal by the end of the challenge. Every rep counts.
5. **CONTINUE -** Use your results as a new baseline and keep building stronger habits after the challenge ends.

For physical activity recommendations: https://www.cdc.gov/physical-activity-basics/guidelines/adults.html

Employee Fitness Center



Recipe of the Month

Eat Smart: WellnessWorks Coach Nutrition Corner

Turkey Chili



Ingredients:

- 1lb 99% lean ground turkey
- ½ Cup (100g) diced bell peppers
- ½ Cup (100g) diced onions
- 8oz Can low calorie tomato sauce
- 2 ½ Cups chicken broth
- 1 ½ (180g) Cups corn kernels
- 15oz Can kidney beans drained
- 16oz Can refried beans
- 10oz Can of Rotel tomatoes with green chilis
- 1 Packet taco seasoning

https://www.thedietchefs.com/healthy-turkey-chili-recipe/

Preparation:

1. Turn your stove up to medium, coat a pan with baking spray, and brown your turkey
2. When the turkey is browned add the peppers and onions
3. Once the peppers and onions have started to sweat add in all of the other ingredients
4. Now turn the stove up to high and bring your chili up to a boil
5. Once your chili is boiling turn down the heat to a simmer and stir the pot occasionally for the next 15 minutes

September Healthy Selfies

At first, our goal was simply to encourage some of our more sedentary teammates to get moving, build healthier habits, and show that lasting change is possible when you have people cheering you on. Rather than making wellness an individual goal, we made it a team effort. As our journey continued, each of us discovered our own personal goals—whether it was losing weight, gaining muscle, improving endurance, or simply feeling healthier—and we've supported one another every step of the way.

Before the challenge, our habits looked a lot different. We'd regularly indulge in Cuban pastries and Cuban coffee loaded with sugar, and we found any excuse—or no excuse at all—for happy hours. Once we committed to the challenge, we made a mental shift and started swapping in small, sustainable changes: sugar-free Cuban coffee, sugar-free crackers, and snacks built around protein and healthy fats. We started using the Yuka app to check the quality of what we were eating, and we made a point of supporting one another through whatever life threw our way—illness, a death in the family, World Cup shenanigans, and everything in between—while still working toward our small goals.

To stay accountable, we use the Cronometer app to track our nutrition and macronutrients and the Strava app to log every workout, challenging ourselves to complete at least four workouts each week. One of our biggest wins has been keeping each other accountable on a shared wall calendar, where we log our workouts alongside our Strava entries. We also take monthly progress photos and body measurements to celebrate our progress—not just on the scale, but in our strength, energy, confidence, and overall well-being.

Along the way, we've researched nutrition and fitness, exchanged healthy recipes, celebrated milestones, participated in WellnessWorks events, and encouraged one another through every success and challenge. There were days when motivation was low, but knowing the team was there to support us kept us committed and moving forward.

Our before-and-after photos tell only part of the story. The greatest transformation isn't what you see in the pictures, it's the healthier habits we've built, the confidence we've gained, and the friendships that have grown stronger throughout this journey. What started as small habit changes have become healthy habits, and we believe they're on their way to becoming truly life-changing ones.



Pictured in Photo collage: Employees Scarlett Aldana, Georgina Fernandez-Dominguez, Laura Bradley, Erick Gomez-Toruno, Carolina Castrillon, and Melissa Rodriguez, of the PROS department. Read below their story to improve their wellness as a team that participated the Biggest Winner Challenge 2026.

If there's one thing we've learned, it's that you don't have to make big changes overnight. Small, consistent choices, supported by people who believe in you, can lead to incredible results. We hope our journey inspires others to take that first step toward a healthier lifestyle. The hardest part is getting started, but having a team to encourage, motivate, and celebrate your progress makes all the difference."

Healthy Selfies

Want your healthy selfie to be featured? Send it to us today!

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 new skills, etc. To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to wellnessworks@miamidade.gov.

Wellness Reminder

September is Recovery Month and Suicide Awareness Month:

September is a month for celebrating our mental health, building awareness and promoting hope and recovery as we mark both Recovery Month and Suicide Prevention Awareness Month. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience. Recovery Month celebrates the gains made by those in recovery from mental illness. If you, a family member, or a team member are struggling with feelings or emotions that interfere with daily life, please reach out. This month, the EAP is committed to building awareness, resilience, and support for those who are struggling as well as celebrating those who have made gains in their lives and found recovery. Throughout September we will have panel discussions with experts, advocates, and mental health professionals to discuss and learn more about both suicide prevention and celebrate recovery.

Tip of the month:
If you're struggling, it's ok to ask for help. Many of us struggle with fear that we will be a burden if we reach out for help. If you've ever felt that way, try to give yourself some compassion. How would you feel if someone reached out to you for help? You probably wouldn't make them feel like they're a burden, even if you're not sure how to help. Try to treat yourself like you'd treat a friend.

Our team at the EAP is here to support you and those you love. To set up an assessment or support session, please call 305-375-3293. If you are struggling with thoughts of suicide, you are not alone. Please reach out to the national suicide prevention line at 988 or call Thriving Minds Mobile Crisis at 1-800- HELPYOU for immediate support 24/7. To learn more about EAP resources, events and support please visit: https://miamidade.gov/support-services.

Wellness Benefits Spotlight

Employee Assistance Program

24/7 confidential support for stress, grief, family or financial concerns.



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 on-site 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. To learn more about our EAP program please click here: www.miamidade.gov/employee-support. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.