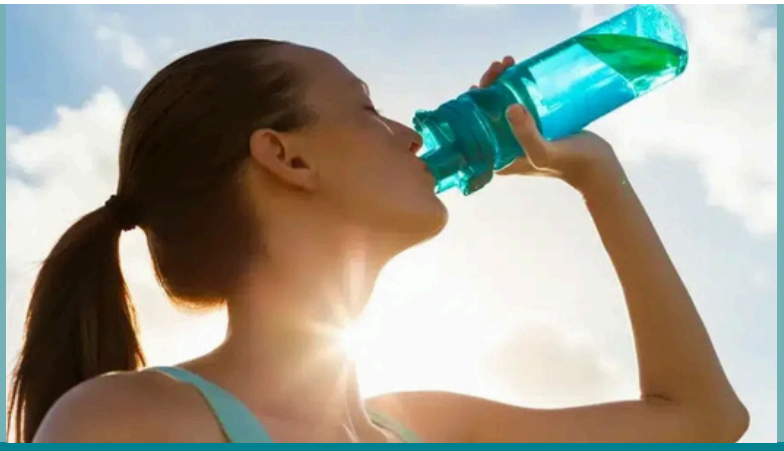
WELLNESSWORKS
MIAMI-DADE COUNTY

August 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

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"Wellness is the result of small, wise choices made daily." -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

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

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

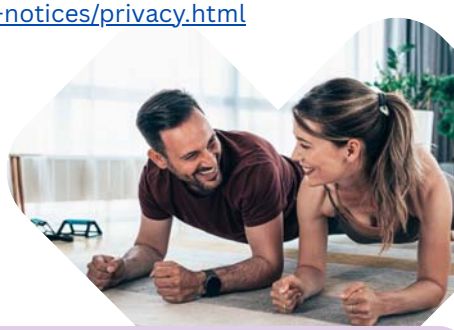
- Find in-network providers & virtual care
- Locate walk-in clinics & urgent care
- Check provider reviews

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

Explore 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. You'll get personalized resources and challenges to help you earn rewards every year. So it makes it easier to stay on track and reach your goals.

Welcome to your health & well-being resource

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 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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Digestive Health

Support for a healthier weight — your way

Digestive issues can range from occasional discomfort to conditions that significantly impact your daily life. Aetna® Personal Health Solutions includes digestive health programs that match the severity of your symptoms. All programs are designed to address the root causes, not just the discomfort.

The program gives you access to:

- **Care at every level.** Whether you're managing food sensitivities, IBS, IBD or more complex GI conditions, there's a program designed for your level of need.
- **Precision-guided nutrition.** Programs use advanced nutrition therapy and individualized biology data to identify what's triggering your symptoms and create a personalized plan.
- **Virtual-first convenience.** Access GI specialists, dietitians and health coaches virtually — no long waits, no - unnecessary office visits. -

Find out which program is right for you. Answer a few short questions and get matched to the right program.

Visit AetnaPersonalHealthSolutions.com

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.

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Calendar Key

- Wellness Educational Workshops (on-site)
- Wellness Educational Workshops (virtual)
- Cool Summer Series: Beat the Heat

WellnessWorks invites you to join us in some favorite summer pastimes to help cool off and stay healthy as we focus the attention on Heat Illness Prevention. Join our team at a department location near you to participate in activities, sample home-made gelato boosted with micro-nutrients, and to learn ways to stay hydrated this summer! You can chat connect with a registered dietitian, burn calories at the Gelato bike station, ask questions and engage with health coaches and learn about incentivized health challenges and campaigns.

Upcoming Wellness Events:

August 4 WASD - Alexander Orr Water Treatment Plant
6800 SW 87th AVE Miami, FL 33173; South Gate entrance
Room: 1st Floor Lunchroom
11 a.m. – 3 p.m.

August 5 Find Your Balance: Mindful Eating and Nutrition
Corrections Headquarters - 3505 NW 107th Avenue, Doral, FL 33178
conference room- L200B
Presentation 11 a.m. - 12 p.m.
Free Health Coaching 12:30 p.m.- 3 p.m., email Jeremie.etienne@aetna.com to secure a time slot.

August 5 Seaport
1435 Cruise Blvd., Miami, FL 33132, Room: Terminal D
11:30 a.m. - 2:30p.m.

August 6 Find Your Balance: Mindful Eating and Nutrition
Stephen P. Clark Center - 111 NW 1st Street, Miami, FL 33128, Room 18 - 3
Presentation noon - 1 p.m.

August 11 Find Your Balance: Mindful Eating and Nutrition
Overtown Transit Village North, 701 NW 1 Ct, Miami, FL 33136
First floor Training Room 130
11 a.m. - noon (Presentation)
Noon - 2 p.m. (health coaching table)

August 18 Find Your Balance: Mindful Eating and Nutrition
Northeast Transit Bus Operations, 360 N.E. 185th Street, Miami, FL 33179,
10 a.m. -2 p.m.

August 19 Healthy Eating for the Busy Professional
ITD, 5680 SW 87th Ave., Miami, FL. 33173
2nd Floor I Breakroom
10 a.m.-11 a.m. (Presentation)
11:30 a.m.- 1 p.m. (Health Coaching Table)

August 19 COCC Downtown
175 NW First Avenue Miami, Fl 33128
Room: Conference Room 11th Floor
11 a.m. -3 p.m.

August 20 Find Your Balance: Mindful Eating and Nutrition
Aviation Virtual Presentation, via teams-
Virtual- Via Zoom
https://mdpls.zoom.us/j/81302366040?pwd=QNl0mZwYNth4NlNC1rZol6aKRKk5hR.1
11 a.m. – noon

August 21 DTPW (CORAL WAY DIVISION)
2775 SW 74th AVENUE
Room: DRIVER'S ROOM
10 a.m. – 2 p.m.

August 25 How to Reduce Stress and Build Resilience
Library Virtual Presentation, via Zoom-
https://mdpls.zoom.us/j/81540820618?pwd=PnQvNK3CqZdUIOhl7mrXHwE3wqavpD.1 2 p.m. – 3 p.m.

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

August Health Observance

August is a great time to focus on maintaining healthy habits, staying hydrated, and preparing for a strong finish to the summer season. This month we spotlight hydration, healthy eating, and simple ways to stay active despite the heat.

Health Observance Spotlight: National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). Vaccinations help protect people of all ages from serious diseases and help keep communities healthy. Learn more about sun safety here: https://www.cdc.gov/vaccines/events/niam/index.html

Health Tip of the Month: Beat the Heat Safely

High temperatures can increase the risk of heat-related illness.

Remember:

- Drink water before you feel thirsty.
- Wear light-colored clothing.
- Take breaks in shaded or air-conditioned areas.
- Know the signs of heat exhaustion and heat stroke.

Heat Safety Information: https://www.cdc.gov/extreme-heat/prevention/index.html

Wellness Tips for August:

1. **Prioritize Hydration:** Summer heat increases fluid loss through sweat. Carry a water bottle and drink regularly throughout the day.
2. **Eat Seasonal Produce:**
   a. Choose fruits and vegetables such as:
   b. Watermelon
   c. Peaches
   d. Berries
   e. Cucumbers
   f. Tomatoes
3. **Move During Cooler Hours:** Schedule walks or outdoor workouts during the early morning or evening when temperatures are lower.
4. **Protect Your Sleep:** Aim for 7–9 hours of sleep each night to support recovery and immune function.
5. **Hydration Information:** https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html

30-Minute Workout: Summer Strength & Cardio Circuit

Warm-Up (5 minutes)

- March in place
- Arm circles
- Bodyweight squats
- Walking lunges

Circuit (20 minutes – Perform 2 rounds):

- 1 minute Squats
- 1 minute Push-Ups
- 1 minute Reverse Lunges
- 1 minute Mountain Climbers
- 1 minute Plank Hold

Rest 30 seconds between exercises.

Cool-Down (5 minutes)

- Hamstring stretch
- Quad stretch
- Chest stretch
- Deep breathing

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

Recipe of the Month

Eat Smart: WellnessWorks Coach Nutrition Corner

Breakfast Quesadilla



Ingredients:

- 1 cooked chicken breakfast sausage, chopped
- 1 large egg
- 2 tablespoons egg whites
- 3 tablespoons part-skim cottage cheese
- 2 tablespoons chopped scallions
- pinch kosher salt
- black pepper, to taste
- 1 ounce part-skim shredded cheddar
- 7- inch low carb tortillas
- salsa and guacamole, optional for serving

https://www.skinnytaste.com/breakfast-quesadilla/

Preparation:

1. Add the sausage to a small non-stick skillet and cook over medium heat until the sausage is browned and crispy on the edges. When the sausage is cooked, remove it from the skillet and set aside.
2. While the sausage is cooking, crack the eggs into a bowl and season with salt and black pepper, to taste. Add the cottage cheese and scallions and whisk the eggs.
3. Spray the skillet and add the eggs to the skillet and cook them over medium heat, folding them as the eggs set until the moisture is gone, 2 to 3 minutes, then remove from the heat.
4. Heat a clean large skillet or griddle over medium-low heat and spray with oil, add the tortilla.
5. Place half of the cheese on the bottom half of the tortilla, spreading it out to cover half of the tortilla. Top with the egg, sausage and remaining cheese and cook until the bottom is browned and crispy about 2 to 3 minutes, then fold the tortilla closed and flip, cook until the cheese on the inside is melted.
6. Slice the quesadilla into three pieces, then serve.

AugustHealthy Selfies



Employees Sabrina Hurst and Andrew Alvarez of the Department of Solid Waste Management were the raffle winners, for being one of many to complete their health assessment last month at the onsite Biometric screening event.



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

August is Emotional Wellness Month:

Emotional wellness is the heartbeat of our mental health. It's the ability to recognize, understand, and express our emotions in a way that is honest and manageable. This does not mean being happy all the time or avoiding emotional discomfort. In fact, emotional wellness invites us to become more fluent in our feelings of grief, joy, anger, fear, and everything in between. It means being able to sit with ourselves during moments of vulnerability; while still believing we're worthy of care and belonging.

Why does this matter? Because emotional wellness impacts every area of our lives from the way we make decisions, communicate with others, and move through conflict, to how we sleep at night, how we speak to ourselves, and how we manage pressure. When we are emotionally well, we tend to feel more grounded and equipped to meet life's challenges. We experience clarity, confidence, and resilience. When our emotional wellness is strained or ignored, we may find ourselves overwhelmed, irritable, disconnected, or reactive. Research continues to confirm what many of us feel intuitively: when we care for our emotional selves, our physical health, relationships, and sense of purpose all improve.

This month, we turn our attention to both proactive and reactive approaches to emotional health. Being proactive about emotional wellness means taking small, consistent steps to care for ourselves before we hit a wall. Here are some tips this month to focus on and impact your emotional wellness

Build Emotional Awareness: People with emotional awareness are focused on understanding what they're feeling and why. They also have an easier time connecting with the feelings of others because they are more in touch with their own emotions. This type of emotional understanding allows people to respond appropriately to others and to better regulate and cope with difficult emotions such as anger or fear. Whether that be formally with by writing journal or informally in your mind before bed, take a moment every day to reflect on your emotions and day.

Find gratitude in the challenges. Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about negative or difficult situations can help us to really nail down what we are thankful for. These challenging moments allow us to realize our strengths and resilience. Tough times also force us to do things just a little bit differently or learn something new. In order for us to grow there are times we have to get comfortable with being uncomfortable. So, dig a little deeper this week into some of your own past challenges and be grateful for them because they have helped shape you into the person you are today.

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.