



Shine and Thrive Summer Wellness Fair June 17



Back in the light of wellness and kick off this summer on a healthy note at the **Shine and Thrive Summer Wellness Fair** on June 17. Learn your numbers at the Biometric Screening and receive a massage. Connect with community partners and merchants. Find out who's taking home the prizes for the 2025 Biggest Winner Challenge. And enjoy other fun summer festivities on-site.

Tuesday, June 17, 2025
10:00 am – 2:00 pm
Stephen P. Clark Center – Lobby [East side]

[Click For More Information](#)

2025 Hydration Challenge: "Quench Your Thirst with H2O"



Water, water everywhere – but are you drinking enough? Summer is the perfect time to check in on your hydration habits, because with the summer heat comes the risk of dehydration and other heat-related illnesses. As you know, drinking water is essential to good health. Combat the summer heat and keep your well-being afloat by staying hydrated with the **Quench Your Thirst with H2O Challenge**.

THE CHALLENGE: During July, log on DAILY (M-F) to www.HealthyRoads.com and attest that you are completing the challenge plan for at least 20 days!

CHALLENGE DATES: July 7 – August 1, 2025

REGISTRATION OPENS: June 23

REGISTER AT: www.HealthyRoads.com

[Click For More Information](#)

Cool Summer Series: Beat the Heat



The WellnessWorks Team invites you to join us in some favorite summer pastimes to help cool off and stay healthy as we focus our attention on Heat Illness Prevention.

The Team will be visiting locations throughout the county encouraging colleagues to participate in activities, sample our home-made gelato boosted with micro-nutrients, and learn ways to stay hydrated this summer! We'll be coming on-site with:

- Registered dietitians
- Gelato bike station
- Health coaches
- Incentivized health challenges and campaigns

For more information or to view MDC site locations hosting an event, visit: <https://secure.miamidade.gov/employment/wellness-works/wellness-works-resources.page>

WellnessWorks' Health & Wellness Events

Biometric Screening Dates & Locations this Month

Check in with your health numbers by attending a WellnessWorks biometric screening. You may be eligible to receive 25 wellness points and \$20 for completing your annual screening.

MDC employees insured by AvMed are eligible to attend these free screenings for:

Blood Pressure • Cholesterol • Blood Sugar • BMI • Massage

June 17: **SPCC**

June 18: **OTV North - CASHD**

June 25: **PIOD Trades Shop Facility**

Upcoming Workshop Dates & Locations in June

Enhance your wellness knowledge and learn tips to improve your health by attending a monthly in-person educational workshop. These workshops feature a topical presentation and on-site Health Coaching Table.

June 3 | Boost Your Brain & Body (Alzheimer's & Brain Awareness Month)

- OTV | 701 NW 1st Court | First Floor Conference Room - Front Rm. 130
- Presentation: 11:00 am – 11:45 am
- Health Coaching Appointments: 12:00 pm – 2:00 pm

June 4 | Boost Your Brain & Body (Alzheimer's & Brain Awareness Month)

- MDCR HQ | 3505 NW 107th Ave.
- Presentation: 11:00 am – 12:00 pm
- Health Coaching Appointments: 12:30 pm – 3:00 pm

June 5 | Boost Your Brain & Body (Alzheimer's & Brain Awareness Month)

- SPCC | 1111 NW 1st Street | Room 18-4
- 12:00 pm – 1:00 pm

June 5 | Diabetes 101 (Pre/Type 1/Type2 Management & Medication Management)

- Miami-Dade Water & Sewer | 3575 S. Le Jeune Road
- Presentation: 10:00 am – 11:00 am
- Health Coaching Appointments: 11:00 am – 1:00 pm

June 10 | Boost Your Brain & Body (Alzheimer's & Brain Awareness Month)

- Central Garage Transit Bus Operations
- 10:00 am – 2:00 pm

June 11 | Healthy Cooking Demo

- Medical Examiner Dept. | 1851 NW 10th Ave. | Kitchen
- Presentation: 12:30 pm - 2:00 pm
- Health Coaching Appointments: 2:00 pm – 3:00 pm

June 12 | Boost Your Brain & Body (Alzheimer's & Brain Awareness Month)

- MDCO | 9105 NW 25th Street | 1st Floor - HR Office, Rm. 1104
- Presentation: 12:00 pm – 1:00 pm
- Health Coaching Appointments: 1:00 pm – 3:00 pm

June 18 | Boost Your Brain & Body (Alzheimer's & Brain Awareness Month)

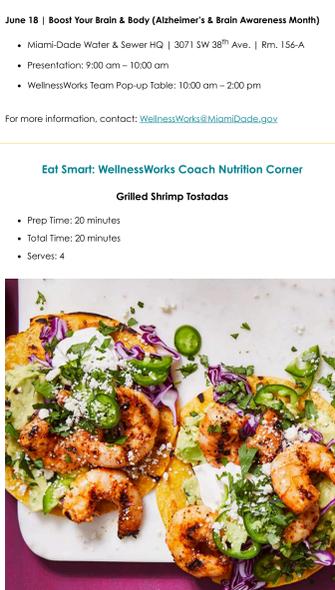
- Miami-Dade Water & Sewer HQ | 3071 SW 30th Ave. | Rm. 156-A
- Presentation: 9:00 am – 10:00 am
- WellnessWorks Team Pop-up Table: 10:00 am – 2:00 pm

For more information, contact: WellnessWorks@MiamiDade.gov

Eat Smart: WellnessWorks Coach Nutrition Corner

Grilled Shrimp Tostadas

- Prep Time: 20 minutes
- Total Time: 20 minutes
- Serves: 4



Source: <https://www.eatinswell.com/recipe/2896397/grilled-shrimp-tostadas/>

Grilled shrimp tacos are a flavorful, balanced meal with lean protein, fiber, and healthy fats. Swap sour cream for fat-free Greek yogurt for a healthier option and enjoy the crispy tortillas and optional cotija for extra flavor.

Ingredients

- 1 pound peeled and deveined raw shrimp (21-25 count)
- 2 tablespoons extra-virgin olive oil, divided
- 2 teaspoons chile-lime seasoning, such as Tajin
- 1 teaspoon garlic powder
- 8 corn tortillas
- 2 cups shredded cabbage
- 1 cup guacamole
- 1-2 jalapeño peppers, sliced
- 1 cup chopped fresh cilantro
- Crumbled cotija cheese & fat free Greek yogurt (to replace sour cream) for serving

Instructions

1. Preheat the grill to medium-high heat.
2. In a large bowl, mix shrimp with 1 tablespoon of olive oil, chile-lime seasoning, and garlic powder. Thread shrimp onto four 12-inch metal skewers.
3. Brush both sides of each tortilla with the remaining 1 tablespoon of olive oil.
4. Grill the shrimp until they are lightly browned and cooked through, flipping once. This should take about 4 minutes.
5. Grill the tortillas until they are lightly charred and crispy, flipping once. This should take about 2 minutes.
6. Top the grilled tortillas with cabbage, guacamole, jalapeño, and the grilled shrimp. Sprinkle with cilantro. Serve with cotija cheese and fat free Greek yogurt on the side. If desired, it dressed.

Serving Size: 2 tostadas | Calories: 364 | Carbohydrates: 28g | Fiber: 7g | Sugars: 2g | Protein: 27g | Total Fat: 17g

Boost Your Brain and Body Alzheimer's and Brain Awareness Month



With aging comes the prevalence of a multitude of changes to our body's physical, emotional, and social health, including changes that may impact brain health. Staying on top of your brain health and knowing the signs when to seek help is important.

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

To learn more about these and other Early Signs and Symptoms of Alzheimer's and Dementia, visit: <https://www.alz.org/alzheimers-dementia/10-signs>

June is Men's Health Month



The issue of men's health and well-being is often overlooked because of the prevailing notion that men must disregard or suppress their emotions to be considered strong. The truth is that men tend to put aside their own feelings and health issues as they shoulder the responsibilities of family, work, and life's challenges without the support they require and need.

According to the non-profit Men's Health Network:

- Men die 6 years earlier than women due to preventable health issues.
- Suicide rates among men are significantly higher, yet most mental health initiatives ignore interventions that resonate with men.
- Prostate cancer & testicular cancer receive far less attention.

The theme of this year's observance month focuses on closing the empathy gap. This gap refers to the societal tendency to minimize or dismiss the struggles of men and boys, leading to a lack of adequate care, funding, and support for men's unique health needs, both physical and mental. The Men's Health Network is committed to closing the lifespan gender gap by addressing the empathy gap through global education, outreach, and advocacy.

To learn more about Men's Health Month, Men's Health Week and other initiatives worldwide, visit [the Men's Health Network](#) or [Global Action on Men's Health Men's Week 2025 Calendar](#).

Healthy Selfie



MDC employees took a moment out of their workday last month to focus on their emotional well-being at the **Build Emotional Wellness and Thrive** event at SPCC. Mayor Daniella Levine Cava was among the attendees who signed the **Stigma-Free Workplace Pledge**. Participants were able to connect with self-care and emotional wellness resources and partners, as well as decompress and relax with on-site chair massages.

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a healthy selfie? 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 well-being 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.

Emotional Wellness Reminder: Summer Mental Wellness

"Summertime, and the livin' is easy." As ideal as that may sound, the well-known lyrics of this Broadway classic don't apply to everyone. While many may be looking forward to family vacations, outdoor gatherings, and the laid-back vibe summer months can bring, for some, **seasonal affective disorder (SAD) actually increases** during the summer months.

Mental health encompasses your emotional, social, and psychological wellness. It can affect how you manage stress, thrive in relationships, and make important decisions. If your mental health is suffering, there's a lot a chance it could **increase your risk of serious health issues** such as [heart disease](#), [stroke](#), or [diabetes](#).

If you find yourself experiencing increased anxiety, depression, or even simply new mood swings that affect your personal life or daily activities this summer, here is this month's Mental Wellness Tip to help you:

Back in the sun: Exposure to natural sunlight increases levels of vitamin D and serotonin, which are known to boost your mood. Taking a moment to step outdoors, smell the roses, feel the sand under your toes, or watch a sunset can provide a sense of calm and well-being.

If you or someone you know is struggling, know you are not alone and there is help and hope. Please reach out to our team at the Miami-Dade Employee Assistance Program (EAP). The EAP provides on-site and virtual assessments for all employees and family members in need of assistance.

To set up an assessment with an EAP counselor at no cost, please call **305-375-3293** or email jessica.hughes-fillette@MiamiDade.gov.

EAP hours of operation are **Monday-Friday from 8:00 am to 5:00 pm**. To learn more about EAP programs and services, visit: www.MiamiDade.gov/SupportServices.

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

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