October 2021

"Eat healthily, sleep well, breathe deeply, move harmoniously."

- Jean-Pierre Barral

Prevention and Protection COVID-19 and Fighting the Flu



COVID-19 Updates

Read More

Vaccination – Protect Your Health Protect your health. Visit a Miami-Dade vaccine

location near you. Get vaccinated and earn 50 wellness points on <u>HealthyRoads</u> when you complete the online attestation form. Fight the Flu

Combat the flu this year and get a flu shot available at CVS and other pharmacy retailers, as well as your doctor's office. Complete the Flu Shot Attestation Form on HealthyRoads® to earn 25 points towards the 75 points required for quarterly \$250 raffles. By completing the selfattestation by Nov. 30, you will also have a chance to win one of 50 mystery prizes in a special raffle.

For more information or to view Miami Dade County locations, where WellnessWorks will be hosting onsite clinics, visit:

WellnessWorks



Breast Cancer awareness month Learn More

October is Women's Health and

Celebrating 23 Years

in the Miami-Dade Community

Making Strides

Eat Smart: WellnessWorks Coach Nutrition Corner Easy Butternut Squash Soup



This is the **BEST EVER** Easy Butternut Squash Soup! Only a

few ingredients to make this incredible soup. This is one of our favorite soups to make on a cold day! This creamy, nourishing butternut squash soup recipe is fall comfort food at its best. **View Recipe**



The best way to know if your lungs are functioning

properly is to check in with your doctor. With a good bill of health and an action plan for better lung maintenance, you'll breathe easier in October and beyond. **MIAMI-DADE COUNTY**

EALTHY LUNG MONTH



Read More

2022 Walk ground the Wonder of the World Challenge



DISCOVER, EXPLORE, & STEP Your Way to a Healthy Lifestyle!

Lace up your sneakers in 2022 and set out on a world

wonders journey of approximately 31,000 miles with employees in your department.

To register your team click below.

WellnessWorks is looking for 40 department teams of 20 employees to register for the annual 2022 Walk Around The Wonders Of The World Challenge set to begin January 1, 2022.

There will be prizes and individual challenges available and WellnessWorks points will be awarded every quarter to all participants.

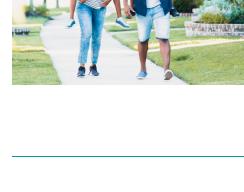
Accepting Registrations September 25 – November 14

Click Here

*All employee participants must be benefits-eligible prior to November 30, 2021.

Stride to Thrive for Winter Steps Challenge: Maintain your health and fitness this holiday season with the Strides to Thrive for Winter Steps Challenge.

Take action now and make healthy strides towards a



indulge in a guilt free treat!

event hosted at Animal Services in Doral last month.

better you, during the holidays and keep it going into the New Year.

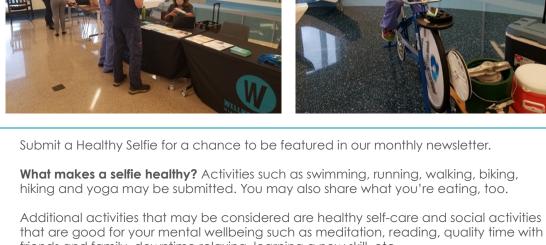
Challenge: 250,000 steps Registration Date: October 18 Challenge Dates: Oct 24 – Nov 20 To register or for more information visit www.Healthyroads.com

Healthy Selfie: MDC Animal Services department employees learning about WellnessWorks resources from AvMed Health Coach, Lara Benezra, at the Beat the Heat Summer Campaign

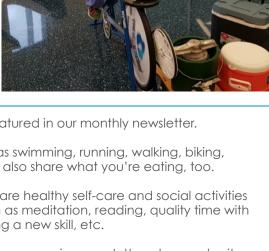


Employee Anthony Casas, a Vet Tech for the Animal Services Department fitting in





high quality images to wellnessworks@miamidade.gov.



friends and family, downtime relaxing, learning a new skill, etc. To be featured in the Healthy Selfie article in an upcoming newsletter, please submit

> Be Well. Stay Well. Earn \$20 dollars for completing your PHA online at www.HealthyRoads.com

Emotional Wellness Month



health is one of today's major health challenges, as approximately one in five individuals suffers from a

October is Emotional Wellness Month and emotional wellness is critical to our well-being and health. Mental

mental health episode each year. For information on upcoming MDC locations that are hosting an event contact wellnessworks@miamidade.gov.

Tip for the Month



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OCTOBER 2021