



Wellness Watch

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



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 [HealthyRoads](#) 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 self-attestation 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](#)



October is Women's Health and Breast Cancer awareness month

[Learn More](#)

***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](#)



HEALTHY LUNG MONTH

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.

**Get FIT MIAMI-DADE COUNTY
EMPLOYEE WELLNESS CENTER**

[View Calendar](#)

[Read More](#)



2022 Walk around 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.

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
To register your team click below.

[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 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 event hosted at Animal Services in Doral last month.

Employee Anthony Casas, a Vet Tech for the Animal Services Department fitting in exercise, as he preps and churns ice cream for his fellow employees and himself to indulge in a guilt free treat!



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

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 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.

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



Emotional Wellness Month

October is Emotional Wellness Month and emotional health is critical to our well-being and health. Mental health is one of today's major health challenges, as approximately one in five individuals suffers from a mental health episode each year.

For information on upcoming MDC locations that are hosting an event contact
wellnessworks@miamidade.gov.

[Tip for the Month](#)