




**“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.”**

- Andrew Carnegie

## What's being done to slow the spread of the Omicron variant in the US?

 <p><b>Detect variants</b> Robust surveillance to rapidly detect variants</p>	 <p><b>Slow spread from international travel</b> Decrease window for required testing before travel to US; increase testing after arrival</p>	 <p><b>Slow domestic spread</b> Prioritize case investigation and contact tracing</p>	 <p><b>Support individual protective actions</b> Vaccination including boosters, masks indoors and in crowds, testing &amp; isolation</p>
---	--	--	--

[bit.ly/MMWR7050e1](https://bit.ly/MMWR7050e1)

MMWR

## COVID-19

[Read More](#)

Visit a [Miami-Dade vaccine location](#) near you.

## Eat Smart: WellnessWorks Coach Nutrition Corner



### Honey Mustard Salmon with Mango Quinoa

In this 30-minute dinner recipe, grilled, honey mustard-coated salmon is served with a tasty grain salad made with quinoa, mango, jalapeño and almonds.

[View Recipe](#)

## Boost Your Immunity Health

### 8 Vitamins & Minerals You Need for a Healthy Immune System

“A truly healthy immune system depends on a balanced healthy diet over time”, according to registered dietitian Maxine Smith.

- |              |                      |
|--------------|----------------------|
| 1. Vitamin C | 5. Folate/folic acid |
| 2. Vitamin E | 6. Iron              |
| 3. Vitamin A | 7. Selenium          |
| 4. Vitamin D | 8. Zinc              |

[Learn More](#)



### Three New Year's Resolutions for Your Health in 2022

Health is always a priority heading into a new year, but amid the COVID-19 pandemic, maintaining a healthy lifestyle is more important than ever. Change your life one day at a time, by making incremental healthy changes throughout the year.

[Resolutions for Your Health](#)

# Get FIT! MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

### January is Thyroid Awareness Month

The Thyroid controls the body's metabolism, increases heart rate and affects how fast things move through the body such as food, bone loss and sugar. It is thought to be the most important endocrine organ.

[Know the Facts](#)



### Join the Acts of Kindness Challenge "It's Cool to be Kind"

For the month of January and February, WellnessWorks challenges you to spread acts of kindness around like confetti.

Complete and log one act of kindness action daily for 20 days to earn:

- 100 points and receive 25 WellnessWorks incentive points
- an It's cool to be kind T-shirt
- and an invite to the 2022 live spin wheel mystery prize raffle drawing event hosted in March.

[Click for more Information](#)

Share random acts of kindness in your department on February 17, capture a photo and send to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov) to be featured in a Wellness Watch Newsletter.

For more information contact [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)

### Healthy Selfie:

MDC employees enjoying the **Winter Wellness Extravaganza at MDPD Intracoastal District Station** event and stopping by the WellnessWorks table to receive valuable health and wellness tips and information, as well as a healthy fruit snack pack.



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](mailto:wellnessworks@miamidade.gov).

### Coming next month - February 2022:

- Quarter 1 Get Your Ticker Tocking Steps Challenge
- Biometric Screenings Events:

**Animal Services**  
February 3, 2022  
3599 N.W. 79th Ave.  
Doral, FL 33122

**Stephen P. Clark Center**  
February 9, 2022  
111 NW First Street  
Miami, Florida 33128

**Water and Sewer**  
February 15, 2022  
3071 SW 38th Avenue,  
Miami, FL 33143

**Overtown Transit Village (OTV)**  
February 23, 2022  
701 NW 1st Court  
Miami, FL 33136  
February 23, 2022