January 2022

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes." - Andrew Carnegie

the Omicron variant in the US?

What's being done to slow the spread of









COVID-19

MMWR

Read More

Visit a **Miami-Dade vaccine location** near you.

Eat Smart: WellnessWorks Coach Nutrition Corner

In this 30-minute dinner recipe, grilled, honey mustardcoated salmon is served with a tasty grain salad made



with quinoa, mango, jalapeño and almonds.

Honey Mustard Salmon with Mango Quinoa

View Recipe

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

8 Vitamins & Minerals You Need for a Healthy Immune System

1. Vitamin C 5. Folate/folic acid 2. Vitamin E 6. Iron

4. Vitamin D 8. Zinc

Learn More

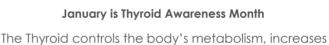
Three New Year's Resolutions for



one day at a time, by making incremental healthy changes throughout the year.

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

Resolutions for Your Health IIAMI-DADE COUNTY MPLOYEE WELLNESS CENTER



the body such as food, bone loss and sugar. It is

heart rate and affects how fast things move through

thought to be the most important endocrine organ.

Know the Facts



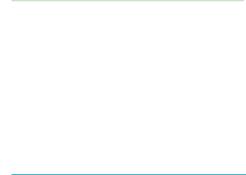
the Acts of Kindness Challenge

OIN THE 20 DAY CHALLENGE



THYROID AWARENESS

MONTH



healthy fruit snack pack.

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

Wellness Watch Newsletter.

For more information contact

an It's cool to be kind T-shirt

Share random acts of kindness in your department on February 17, capture a photo and send to wellnessworks@miamidade.gov to be featured in a

Click for more Information

• and an invite to the 2022 live spin wheel mystery

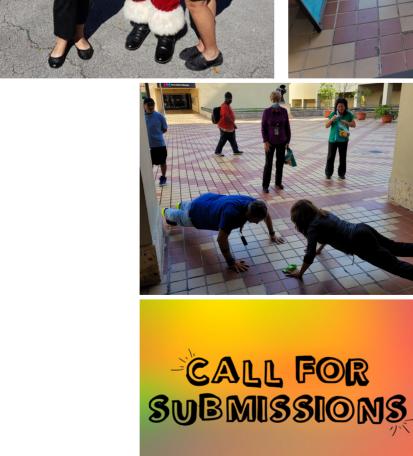
prize raffle drawing event hosted in March.

wellnessworks@miamidade.gov

Intracoastal District Station event and stopping by the WellnessWorks table to receive valuable health and wellness tips and information, as well as a

Healthy Selfie:

MDC employees enjoying the Winter Wellness Extravaganza at MDPD





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 <u>wellnessworks@miamidade.gov</u>. Coming next month - February 2022: Quarter 1 Get Your Ticker Tocking Steps Challenge

Biometric Screenings Events:

Doral, FL 33122

Animal Services

February 3, 2022

3599 N.W. 79th Ave.

February 9, 2022 111 NW First **Street** Miami, Florida 33128

21-16246

Stephen P. Clark

Center

3071 SW 38th Avenue, Miami, FL 33143

JANUARY 2022

Water and Sewer

February 15, 2022

February 23, 2022 701 NW 1st Court Miami, FL 33136 February 23, 2022

Overtown Transit

Village (OTV)







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