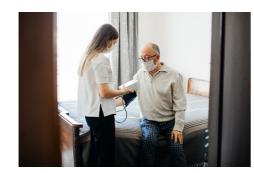
May 2021

"Your body hears everything your mind says."

-Naomi Judd



Symptoms of a Heart Attack Women and Men

If you ask about the symptoms of a heart attack, most people think of chest pain. Over the last couple of decades, however, scientists have learned that heart attack symptoms aren't always so clear-cut.

Know Your Symptoms

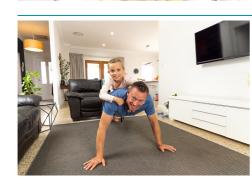
Eat Smart: WellnessWorks Coach Nutrition Corner



Dump-and-Bake Spring Pasta

The most delicious, fresh and healthy Dump and Bake Spring Pasta that's packed full of nutritious vegetables, and kids love it!

View Recipe



Celebrate Mental Health Awareness Month

You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress and more?

For more information click here

Exercise and Stress Management



When Times Get Tough, Try This Mental Health Workout Plan

We all face hard circumstances from time to time. Sometimes life throws us new responsibilities or burdens and expects us to just roll with the punches. Here are some recommendations for a mental health workout plan when you need help to weather hard times.

Mental Health Workout Plan

Healthy Selfie:

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.



Stay Healthy and Enjoy the Outdoors

Register today! Walking on Sunshine Steps Challenge

Step out into the SUNSHINE and walk your way to a HEALTHIER YOU!

The Challenge: 175,000 steps over 4 weeks

- Registration opens April 26
- The Challenge runs May 2 May 29, 2021

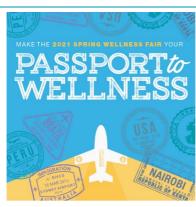
Sign Up Here



Explore More From WellnessWorks

Live webinars are available weekly at noon. To register to attend a webinar this month, click on the button, or scan QR code.

Register Here



Enhance Your Health & Well-Being at the Spring Wellness Fair

MDC Employees are invited to attend this year's Spring Wellness Fair events.

<u>Click Here</u> for more information or click button below to schedule a biometric screening.

Schedule Your Screening Here

you may also email us at <u>discountninja@miamidade.gov</u> or <u>wellnessworks@miamidade.gov</u>

Earn Rewards When Completing Your PHA and Biometric Screening

Be informed about your health by completing your PHA (Personal Health Assessment) on www.HealthyRoads.com and attend a Biometric Screening or visit your primary care physician for your annual physical.

Click Here for MDC Biometric Screening Events

Don't forget to share with a friend!







