ess Watch June 2023 "A calm mind brings inner strength and self-confidence, so that's very important for good health." - Dalai Lama

Summer Wellness Festival! Hustle and Thrive this Summer with Wellness Works

## **Levine Cava**

Presented by Mayor Daniella day of 70's theme fun in the sun on June 20, from 10 am - 2pm, at the

Employees may come out and enjoy a Stephen P. Clark Government Center, 111 NW 1st Street, Miami, FL 33128 West Courtyard. Join us For Sunshine and Healthy Activities with '70s Groove

Duestay, June 20 10am - 28m Stephen P. Clark Government Center 111 NW 1st Street, Miami, FL 33128 West Courtyard

est winner 2023 challenge Awards pres Step up and Thrive Face-off Challenge 2023 – Depart Challenge Catch-up and Mini Fit Competition Stations Vintage photo opportunities, activities, contests and more! FOR INQUIRIES email discountninja@miamidade.gov or wellnessworks@miamidade.gov I THRIVE @ WILDIESSAGE AVMed

For More Information

**Drink Up and Hydrate** Challenge Summer is hot enough, be on top of the heat this summer and join the WellnessWorks "Drink up and

Hydrate Challenge".

Water is essential in ensuring good health and especially during the summer months, keep your body temperature under control by ensuring adequate hydration to lessen your chance for heat related illnesses such as dehydration, heat exhaustion and heat stroke.

Registration Opens - June 5

Challenge Runs- June 19- July 15 For More Information **Cool Summer Series: Beat** the Heat Summer **Hydration edition!** Visit a MDC location nearest you to learn

tips on keeping up with your hydration this summer. Enjoy a refreshing drink and ideas to spruce up and enhance your water with fruit and herbs to achieve and ensure adequate levels of hydration this summer.

Visit https://secure.miamidade.gov/employee/ coronavirus/wellness-works-

resources.page for locations hosting a Cool Summer Series: Beat the Heat Summer Hydration event. Eat Smart: WellnessWorks Coach Nutrition Corner

Indulge in a burst of flavors with these healthy and delicious chicken tacos! Juicy chicken marinated in zesty spices, topped with fresh salsa and creamy guacamole, and served on warm tortillas with crunchy lettuce and yogurt.

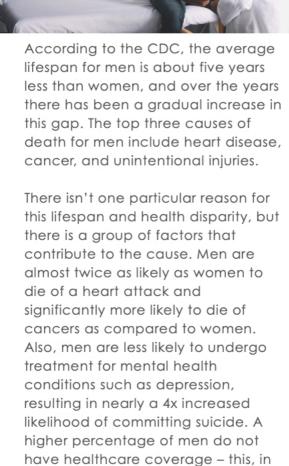
> Click here to create this healthy tasty treat!

June Men's Health

June is National Men's Health Month let's take a minute to look at some

**Chicken Tacos** 

facts:



turn, leads to a lower use of

One of the most problematic

maintaining screening and preventive services than men. Preventive visits are essential to improving everyone's health, regardless of their age or gender.

appointments.

healthcare resources, as men are less likely to schedule routine doctor's

behaviors contributing to this lifespan disparity is the non-help-seeking nature amongst men. Statistics show that women are 33% more likely to visit their doctor and 100% better at

> Learn about 5 tips for men's health

MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

**Healthy Tip:** 

How can I start or keep up an activity program that works for me?

As you grow older, you go through many changes, and you may need to adjust your lifestyle for healthy aging. Healthy eating and regular physical activity can be keys to good health at any age. Making suitable lifestyle choices may also prevent some health problems, such as diabetes, heart disease, and some cancers. Health tips

For health tips to stay healthy as you age click here

Workout of the Month

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

10-count stretch hold

**Read More** 

**Healthy Selfie:** 

include:

WellnessWorks showed appreciation to Sandra Jackson, of the Aviation department for her participation in the 2022 Wellness Liaison Rewards Program. Sandra's efforts in promoting and engaging employees in her department helped her to achieve a total of 1,460 points which contributed to her receiving rewards and incentives

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 June is Men's Health Awareness Month A big obstacle in men's mental health is the

stigma. Guys are supposed to be "strong," and issues such as depression are viewed as signs of "weakness." However, this male mental health stigma is actually killing men. According to the American Foundation for Suicide Prevention, in 2019, men died by suicide at a rate of 3.63 times higher than

While there is no way to prevent mental health disorders from developing, there are ways to reduce the symptoms and live a

> Healthy communication with friends and family, especially during stressful times, can ease depression and

Seeking treatment at the onset of symptoms can prevent them from

Attending regular therapy sessions

Stress-relieving exercises such as yoga and meditation can help

It is never wrong to seek professional help and support from your doctor or therapist. If you or a loved one are struggling, the EAP is here to support. There is hope. You can reach the EAP at 305-375-3293 to speak with one of our licensed clinicians and learn

people maintain good mental health. Practicing positive lifestyle choices, in general, can help people maintain good mental health such as healthy eating, exercise and good sleep

women

happy life.

anxiety.

worsening.

practices.

more about our services.

can prevent relapses.

Q1 Incentive Winners Q1 Incentive Winners that won the \$250.00 for receiving their 75 points.

LAST NAME

Chang

**Ferreras** 

Cuesta

Suarez

Guasch

Finol

FIRST NAME

Virginia

Barbara

Edna

Ana

Lisset

Lytice

(<u>www.miamidade.gov/support-services</u>) To learn more about the prevalence of Mens Mental Health you can visit:

https://mhanational.org/mens-health-month

DEPARTMENT

Solid Waste Man-

Water and Sewer

Regulatory and

Economic Resources

Aviation

agement

Police

Aviation

- Paula Romeo Aviation Garcia Adriana Libraries Monica Juvenile Services Frazier Libraries Zorana Whiteheadseymore
- Yohana Ramos Attorney's Office Tax Collector Kathryn Mcmillanwhite Parks, Julia Banks Recreation, and Open Spaces Communications Bianca Guevara Department Police Dearmas Jorge Tax Collector Gina Royero Beth Wojas Water and Sewer Rolando Sablon Water and Sewer Water and Sewer Leana Fonseca Internal Services Maria Lomeli

For more information visit Wellness Works Resources (miamidade.gov) or email wellnessworks@miamidade.gov

WELLNESSWORKS MIAMI-DADE COUNTY 🕑 f 🖸 🗿 Stephen P. Clark Center, 111 NW First Street, Miami, FL 33128 | <u>Contact</u> | <u>Privacy Policy</u>

June 2023

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