

**“The groundwork for all happiness is good health.”**

-Leigh Hunt

## Schedule a Biometric Screening and COVID-19 Vaccination

You can earn \$20 when you complete your biometric screening from WellnessWorks. It only takes 10-15 minutes to learn your numbers and stay self-aware on your journey to healthy living. Earn 50 points on [www.HealthyRoads.com](http://www.HealthyRoads.com) for completing your vaccine attestation.

[Click Here for MDC Screening and Vaccination Events](#)

## MEN'S HEALTH MONTH

### Men's Health Month

Throughout June, Men's Health Month focuses on improving the lifestyles of men. While there are several approaches to improving overall health, diet and exercise are encouraged for lasting changes.

[Click Here to Read More](#)

## Eat Smart: WellnessWorks Coach Nutrition Corner



### Baked Eggplant Parmesan

If you need a break from carbs on carbs on carbs, but still want to feel like you're being wrapped up in a cozy hug, look no further than Healthy Baked Eggplant Parmesan. This lighter, individual take on classic baked eggplant parmesan is light, comforting, and of course, totally cheesy.

[View Recipe](#)

### History of Men's Health Day

Men's Health Month has been observed since 1994. There are over 1,500 national days. Don't miss a single one. Celebrate Every Day® with [National Day Calendar!](#)

[For more information click here](#)

## Exercise and Stress Management



### How Often Should You Work Out?

How many times have you joined a gym or committed to an exercise plan to lose weight, only to back out after a few weeks because you have no idea how often you should work out?

[Tips To Hit Your Target](#)

### Healthy Selfie:



**Tracie Auguste of (OCA) getting in a mini workout and making a healthy smoothie treat at the Spring Wellness Fair event at the Main Library, downtown.**

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).



### Explore More From WellnessWorks

Join WellnessWorks Health Coaches weekly at noon. To register to attend a webinar, click on the button or scan QR Code.

[Register Here](#)

[Don't forget to share with a friend!](#)