

“Act as a master of your life by putting your health, well-being and happiness first.

- Marianna Olszewski

Prevention and Protection COVID-19 and Fighting the Flu

COVID-19 Updates

Did you get your Covid 19 vaccine months ago and now wonder if a booster shot is right for you?

[Click Here to Learn More](#)



Have you gotten your COVID-19 vaccine? Here's another chance to win \$250 this quarter!

Qualify for this Special Drawing by meeting one of these two options:

Option #1

Log into www.healthyroads.com and simply attest to receiving the COVID-19 vaccination between **January 1, 2021** and **November 30, 2021**.

OR

Option #2

Complete three of the listed videos on the benefits of the COVID-19 vaccine by **November 30, 2021**.

This is a Special Drawing and allows employees engaged with the **WellnessWorks Program** to double their chance to win **\$250** during the last quarter of 2021 because earning the 75 points would automatically qualify for the 4th Quarter WellnessWorks Drawing. The challenge ends on 11/30/2021.

For vaccination locations please see link below:

[Vaccination Locations](#)

Protect Yourself Against Flu

Combat the flu this year and get a flu shot available at CVS and other pharmacy retailers, as well as your doctor's office. Complete the Flu Shot Attestation Form on www.healthyroads.com to earn 25 points towards the 75 points required for quarterly \$250 raffles. When completing the self-attestation by Nov. 30, you will also have a chance to win one of 50 mystery prizes in a special raffle.

Eat Smart: WellnessWorks Coach Nutrition Corner

Healthy Recipe Thursdays is Back and Just a Click Away

Looking for recipes to help you maintain your weight during the holidays. View these delightful, pre-recorded webinars to stay on track and request your copy of the WellnessWorks, Health Coaches edition recipe PDF Booklet today.

August

[Gluten Free Banana Bread](#)

September

[Brown Rice / Quinoa bowl](#)

October

[Thai Peanut Sauce Noodles](#)

December

[2-Ingredient Banana Pancakes](#)



STUFFED EGGPLANT

Don't discount the eggplant! This underrated veggie turns downright succulent when cooked correctly, it's a hearty, comforting and a delight to the taste buds.

[View Recipe](#)



Financial Wellness Tips to help trim your holiday spending this Season

With many people getting back to a new normal post Pandemic last year, checking in on your spending is most important, as we approach the holiday season.

[Tips to Help You Navigate](#)

American Diabetes Month

November is American Diabetes Month—a time to take action together, as a community. Because together, we can conquer this disease. Together, we stand greater than diabetes. Set goals every day and you'll start feeling like you're back in control of your life.

[Learn More](#)

Get Fit **MIAMI-DADE COUNTY**
EMPLOYEE WELLNESS CENTER

LAST CALL

2022 Walk around the Wonder of the World Challenge

**DISCOVER, EXPLORE, & STEP Your Way
to a Healthy Lifestyle!**

Last Call for the First 40 Teams!
Don't miss out. Registration ends November 14, 2021

[Click Here](#)



Healthy Selfie:

MDC employees, along with their families, and Mayor Danielle Levine Cava, enjoying the outdoors and the 5th Annual Miami-Dade County WellnessWorks Thrive 5K Family Fun Day event on October 16, 2021 at Zoo Miami.



Healthy Selfie Holiday Edition

Submit a Healthy Selfie holiday recipe and photo to be entered in a raffle and featured in December newsletter.

Please submit high quality images to wellnessworks@miamidade.gov, by November 15 to be featured in Decembers Newsletter.

Be Well. Stay Well. Earn \$20 dollars for completing your PHA online at
www.HealthyRoads.com



Stride to Thrive for Winter Steps Challenge:

Take action now and make healthy stride towards a better you. End the Year Focused on Staying Healthy and Fit. Join the Stride to Thrive for Winter Steps Challenge.

Challenge: 250,000 steps
To Register, visit www.HealthyRoads.com
Challenge Dates: Oct 24 – Nov 20

To register or for more information visit
www.HealthyRoads.com

Holiday Stress Less

While this season is meant to bring feelings of love and cheer, it also represents holiday stress for many. For tips on how to navigate the holiday season and stress less, the EAP team will continue to present our weekly WellTalks on Tuesdays and/or Thursdays at 10:30 am this month.

[Click Here](#)

Maintain Your Health & Wellness this Holiday Season

Staying healthy during the holidays can be challenging. For tips to help navigate and maintain your health and wellness this holiday season, click the link below.

[Read More](#)

Winter Wellness Extravaganza

After missing out last year, we are even more excited to be back and celebrating the cheerful season at three county locations in December

[Learn More](#)

