

March 2023

# "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have the safest way to health."

– Hippocrates

# Happy National Nutrition Month!

<u>National Nutrition Month</u><sup>®</sup> is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

<u>Good nutrition</u> is essential in keeping current and future generations of Americans healthy. People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

Let's work together to reduce obesity and ensure that all our communities support a healthy, active lifestyle for all.

### Learn More



### **Glow to Thrive**

MDC Employees are invited to attend this year's Glow to Thrive After Dark Wellness Festival, presented by Mayor Daniella Levine Cava.

Come enjoy a night of illuminating glow fun and an array of health and wellness activities for the entire family including a kid's zone, bounce house, antique car show, glow bike parade, food trucks, DJ and more.

Friday, **March 10, 2023** Tropical Park 7900 SW 40th Street, Miami, FL 33155 **5pm to 9pm** 

**Register Here** 



# March Nutrition Challenge

### FUEL YOUR BODY and MAKE IT A HABIT

Balance your plate and make micro changes to your diet to improve your health. You will use the balanced plate model to help you feel full and nourished after each healthy meal you consume.

During the month of March simply, visit <u>www.healthyroads.com</u> daily (Monday– Friday) and attest you completed the challenge Plan for 20 days.

Challenge runs March 1-23, 2023

**Register Now** 



## Eat Smart: WellnessWorks Coach Nutrition Corner

### Savory Oatmeal with Avocado and Poached Egg

Oatmeal for breakfast is a great idea! It's a great source of fiber, quick, and easy to make. There are multiple ways to enjoy oatmeal. Instead of making it the traditional sweet way, mix things up and try this savory oatmeal recipe. Bon appétit!

**View Recipe** 



### Healthy Tip:



**Promoting Better Sleep** 

Getting enough sleep is not a luxury, it is a key component for people of all ages to stay in good health. According to the Centers for Disease Control (CDC), a third of US adults report that they usually get less than the recommended amount of sleep. Lack of sleep is linked to many chronic diseases and conditions—such as type 2 diabetes, high blood pressure, heart disease, obesity, and depression. To learn more about better sleeping habits and how sleep disorders can be diagnosed and treated suffer from them visit www.cdc.gov/sleep

# In-person Health and Wellness Events

**Biometric Screenings** 

Biometric screening events this month:

- March 7 Department of Transportation and Public Works Traffic
- March 8 Medical Examiner's office
- March 9 Department of Solid Waste Management 3B Operations
- March 14 Miami-Dade Police Department Training Bureau
- March 15 Miami-Dade Fire Rescue Headquarters
- March 16 Department of Solid Waste Management 3A Operations
- March 21 Aviation Concourse D
- March 22 Department of Transportation and Public Works Road, Bridges, and Canal
- March 28 311 Call Center
- March 29 Water and Sewer Department Headquarters
- March 30 Regulatory and Economic Resources Permits

Learn More

# **Wellness Educational Presentation and Workshops**

### Nutrition Educational Presentation and Onsite Health Coaching Table

Enhance your wellness knowledge and learn tips on how to lead a healthy lifestyle. Presentations and workshops will provide topics on nutrition, exercise, stress management strategies and much more.

March 07, 2023

SPCC-111 NW 1st Street Miami, FL 33128,

12 pm - 1 pm

March 09, 2023 Aviation- Miami International Airport 2100 NW 42nd Avenue, Concourse J Fourth Floor, Auditorium

11 am -12 pm

March 14, 2023 DSWM- 8831 NW 58th Street, Doral, FL 33178 6 am -8:30 am

March 15, 2023

Miami Dade Corrections MLK 2525 NW 62nd St, Miami, FL 33147, 2nd Floor Conference Room #4 **11 am -3 pm** 

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March 16, 2023 DTPW- Northeast Bus Operations 360 N.E. 185th Street Miami, FL 33179 Transit, 10 am -2 pm

March 21, 2023

OTV 701 First Floor Conference Room - Front RM.130 11am - 2 pm

March 28, 2023

Miami Dade Fire Rescue HQ 9300 NW 41st St, Doral, FL 33178 **8 am - 9 pm** 

March 30, 2023

Miami Dade Police Department HQ NW 25th St, Doral, FL 33172 PMB Classroom – Room 1104 **11 am -12 pm** 

## **Q4 and Annual Winners**

#### 2022 Annual Winners

Kelly Quiroz Shawn Mahoney Virginia Marshall Yolanda Hamm Elizabeth Carlisle Virginia Chang Verotska Philoctete	Aviation Corrections Clerk of Courts Human Resources Aviation
Helene Roddenberry	Water and Sewer
Gina Royero	
Ellen Berger	
Jacquelin Powell	
Gwen Myers	
Sheyla Velasquez	PROS
Gregory Sitomer	RER
Judy Santos	Aviation
Susan Kong	PROS
Gema Brito	Corrections
Anayansi Castro	DTPW
Cynthia Saavedra	
Justin Espagnol	Strategic Procurement

#### 2022 Q4 Winners

Tara Walker	DTPW
Cristina Munoz	
Christina Torres	
Milena Gonzalez	
Lilia Capote	RER
Fatima Ramirez	
Claudia Torres	Libraries
Daniel Motino	PROS
Natalia Neira Gutierrez	PROS
Monique Davis-Bain	HR
Maryna Quintana	Fire Rescue
Arnelle Hampton	Aviation
Mattie Hudson	COC
Rachael Peck	PROS
William Salazar	DTPW
Raynier Abreu	PROS
Noel Grijalva	DTPW
Rolanda Sablon	Water and Sewer
Amparo Molina	
Bassem Chemaissem	DTPW

## Workout of the Month



### **Healthy Selfie:**

### Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.



Step Up and Thrive Face-Off 2023 Challenge participants of the PROS GOES and the TC World Steppers 2023 teams taking time-out for a photo and getting in their steps on a beautiful afternoon. 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>.

#### Lexus Corporate Run 2023 Last Call - Registration Deadline is March 22nd!

Annual 5K at Bayfront Park, Downtown, Miami Thursday, April 27th, 2023 at 6:45pm

To Register for MDC Team :

**Click Here!** 

In addition to the race you'll get, a spot under the Miami-Dade County tent, after race snacks and a guaranteed great time!

All eligible employees will also earn 25 Wellness Works points. Submit your AvMed insurance # and DOB via email to receive credit.

First 10 employees to refer five new registrations will get their fee waived. For discount or sign-up fee questions, please contact <u>employeewellnesscenter@miamidade.gov</u>.



#### **Bariatric Weight-Loss Surgery**

Looking to change your story? Our bariatric weight-loss surgery program has helped thousands transform their lives.

Join us on **Thursday**, **Mar. 13**, **2023**, **at 6:30 p.m.** for a free, informational Zoom webinar, where you can have all of your questions answered by our bariatric surgeons.

Visit JacksonCanHelp.org to register or call 305-585-TRIM (8746) to schedule a consultation.

Learn More



#### **Emotional Wellness Tip:**

#### Integrate Mindfulness into your daily routine:

Sit down daily for five to ten minutes and think of everything you're grateful for. The trick is picturing it in your mind and feeling the gratitude. Doing this everyday will help shift your daily mindset to be naturally more grateful. Your brain is a powerful tool; it only takes eight weeks of gratitude practice for people to start showing changed brain patterns that lead to greater empathy and happiness.

If you or a loved one are struggling, you are not alone and we are here to support you. Miami-Dade's Employee Assistance Program (EAP) is a confidential service which focuses on assisting those who are struggling with thoughts or feelings that may be affecting their ability to function at home, work or in the community. The EAP is providing onsite and virtual assessments and support sessions for all employees that need assistance. To set up an appointment with an EAP counselor at no cost please call 305-375-3293 or email Jessica.Hughes-Fillette@miamidade.gov.

Learn More

For more information visit

https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page. or email wellnessworks@miamidade.gov





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