

"If you don't do what's best for your body, you're the one who comes up on the short end."

– Julius Erving

5K 7TH ANNUAL FAMILY FUN DAY AND PICNIC

PRESENTED BY MAYOR DANIELLA LEVINE CAVA

**SATURDAY
NOVEMBER 4, 2023
at ZOO MIAMI**

Hurry, you don't want to miss the 7th Annual 5K and Family Fun Day and Picnic.

Registration closes real soon, **Oct 14**. Enjoy a day of fitness and fun activities, including a departmental relay race, giveaways, contests and more. All participants must register online for this event.

To sign up yourself or your team to be a part of the 400-meter departmental relay race, email wellnessworks@miamidadegov or your [Department Personnel Representative](#)

[Register](#)

[Learn more About the Event](#)

October Biometric Screenings

Get a grip on your health numbers by attending a WellnessWorks Biometric Screening. All AvMed eligible MDC employees may attend this **free screening** that includes:

- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

Miami Dade County locations hosting a Biometric screening this month:

Oct. 17 - Internal Services Department Fleet Management Shop 2

Oct. 18 - Animal Services Department

Oct. 19 - Police 311 Call Center

Oct. 19 - Department of Solid Waste Management 58th St. Operations

Oct. 24 - Water and Sewer Department (WASD)

Oct. 25 - Internal Services Department Joseph Caleb Center

Oct. 26 - Information Technology Department

Oct. 31 - Miami Dade Police Department Training

*Earn \$20 and 25 wellness points by participating. Bring your AvMed Insurance card.

[Schedule Appointment](#)

Wellness Educational Workshops

Expand your health and wellness knowledge by attending a monthly in-person educational workshop to include a presentation and an onsite health coaching table. Join us for an informative and engaging workshop discussion on Breast Cancer Awareness.

Oct. 16, 12 p.m. – 3 p.m.

Medical Examiners
1851 NW 10 Ave, Miami, FL 33136

Oct. 17, 11 a.m. – 12 p.m.

Overtown Transit Village
701 NW 1st Court, Miami, FL 33136
First Floor Conference Room

Oct. 19, 11 a.m. - 3 p.m.

Transportation and Public Works- Northeast
360 N.E. 185th Street, Miami, FL 33179

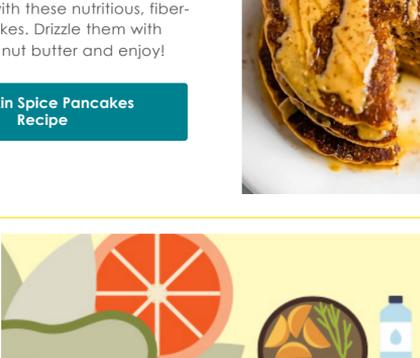
Oct. 26, 11 a.m. – 12 p.m.

Miami-Dade Police Department
9105 NW 25th Street, Miami, FL 33172
PMB Classroom, Room 1104
Topic: Boost Your Immunity Health

Oct. 31, 11 a.m. – 3 p.m.

CCED, Call Center

Step Up, Revive, and Thrive Face-Off Challenge 2024



WellnessWorks is looking for 32 teams of 25 participants to join our annual steps challenge tournament for 2024! Department teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step Up, Revive, and Thrive Face Off Challenge 2024 Champions.

Challenge Dates: January 22, 2024- November 8, 2024

To Register: Designated Team Captains will collect all participants' complete information on the registration form found in [this link](#) and submit the completed form to WellnessWorks@miamidadegov from **October 2, 2023 to November 17, 2023**.

Each Department may enroll up to two Department teams to compete in the tournament.

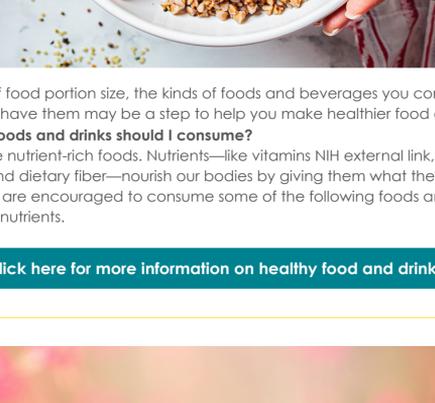
Eat Smart: WellnessWorks Coach Nutrition Corner

Pumpkin Spice Pancakes

Welcome to Pumpkin Spice season! Boost your morning with these nutritious, fiber-packed pancakes. Drizzle them with maple syrup or nut butter and enjoy!



[Pumpkin Spice Pancakes Recipe](#)



Fall Nutrition Challenge fuel your body and make it a habit

Eat a balanced plate, by incorporating small changes over time, by joining the Fall Nutrition Challenge fuel your body and make it a habit. Participants must follow the 4 week challenge plan and log on to www.HealthyRoads.com DAILY (Monday-Friday) from Oct. 2 thru Oct. 28, to attest to your progress and earn 5 points for each action for the 20 days. Upon accumulating at least 100 points participants successfully complete the challenge. Join [Healthyroads](#).

[Click here for more info](#)

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

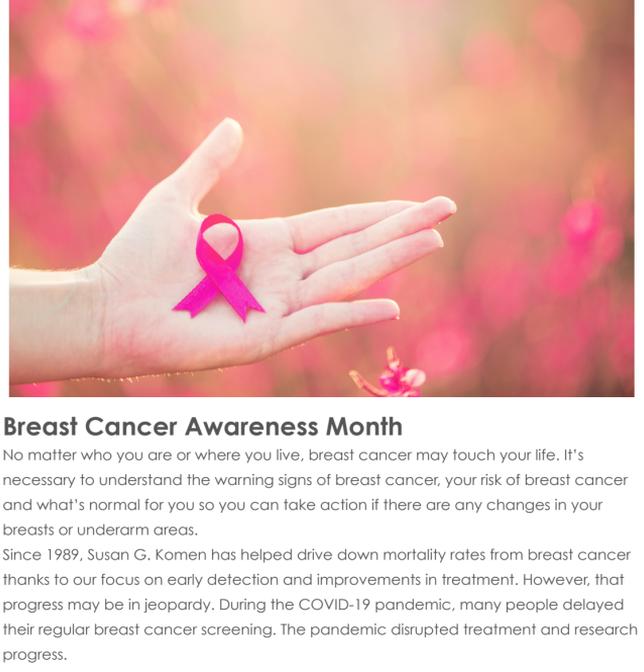
Healthy Tip:

Consuming Healthy Food and Beverages



Being aware of food portion size, the kinds of foods and beverages you consume, and how often you have them can be a step to help you make healthier food choices. **What kinds of foods and drinks should I consume?** Consume more nutrient-rich foods. Nutrients—like vitamins NIH external link, minerals NIH external link, and dietary fiber—nourish our bodies by giving them what they need to be healthy. Adults are encouraged to consume some of the following foods and beverages that are rich in nutrients.

[Click here for more information on healthy food and drinks](#)



Breast Cancer Awareness Month

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

Since 1989, Susan G. Komen has helped drive down mortality rates from breast cancer through its focus on our early detection and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic disrupted treatment and research progress.

And more progress is still needed. Through research, growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people. It is research that brings hope to people facing this disease, especially those living with MBC. We need to ensure more treatment options are available for all people facing breast cancer, especially when treatments stop working.

The COVID-19 pandemic also highlighted the inequities in breast cancer treatments for under-resourced communities across the country, as well as the inequity in treatment between Black and white women. Black women in the U.S. are about 40% more likely to die from breast cancer than white women.

[Learn More](#)

Q4 Steps Challenge: Revive your Fitness this Winter Steps Challenge



WellnessWorks invites you to get a jumpstart on your fitness before the holidays roll in by joining the Revive your Fitness this Winter Steps Challenge. Give yourself the gift of improving your health and fitness as the holiday's approach.

250,000 Steps Over 4 Weeks

REGISTRATION OPENS October 23

CHALLENGE DATES Oct 30 – Nov 25

[See More Information](#)

Workout of the Month

ab FINISHER

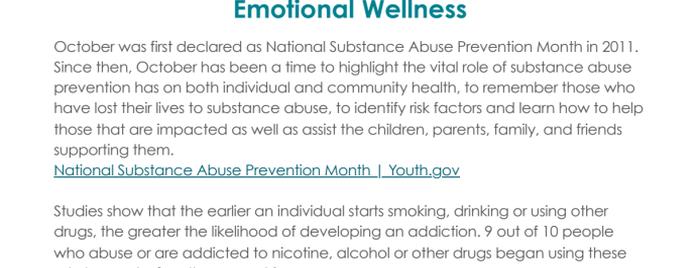
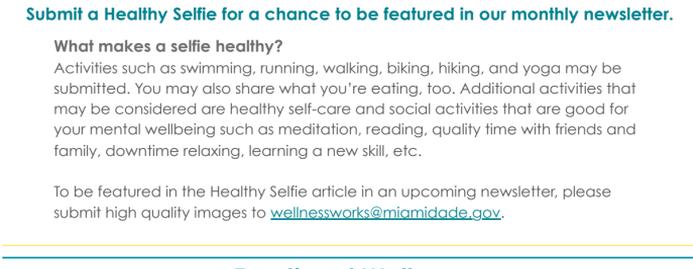
DAREBEE WORKOUT @ darebee.com

	30 crunches
	30 flutter kicks
	30 crunches
	30 flutter kicks
	30 crunches
	30 flutter kicks
	30 crunches
	30 flutter kicks
	done

[Read More](#)

Healthy Selfie:

Elections, MDPD, Transit Northeast, and RER department employees enhanced their wellness knowledge this summer by attending a WellnessWorks Wellness Educational Workshop event.



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@miamidadegov.

Emotional Wellness

October was first declared as National Substance Abuse Prevention Month in 2011. Since then, October has been a time to highlight the vital role of substance abuse prevention has on both individual and community health, to remember those who have lost their lives to substance abuse, to identify risk factors and learn how to help those that are impacted as well as assist the children, parents, family, and friends supporting them.

[National Substance Abuse Prevention Month | Youth.gov](#)

Studies show that the earlier an individual starts smoking, drinking or using other drugs, the greater the likelihood of developing an addiction. 9 out of 10 people who abuse or are addicted to nicotine, alcohol or other drugs began using these substances before they were 18.

Our WellTip for the month:

Treat yourself with the same love you give others.

Be kind to yourself by being mindful of your internal dialogue. For most of us, it's easier to be kind to others – even strangers – than it is to be kind to ourselves. We hold ourselves to mercilessly high standards and feel undeserving of a kind word or sometimes even basic self-care. Try treating yourself like a valued friend. Notice when you're being cruel or withholding comfort from yourself and instead give yourself what you'd give a friend – a hug, validation, encouragement, or a treat. What we say to ourselves sets our day, our week and our life.

If you, a family member or a team member are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, please feel free to reach out to our team at Miami-Dade Employee Assistance Program (EAP). (www.miamidadegov/support-services) The EAP is providing virtual and on-site assessments for all employees that are in need of assistance. To set up an assessment with an EAP counselor, please call 305-375-3293 or email me at Jessica.Hughes-Filette@miamidadegov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

Help Us Improve Your Care

We encourage you to complete the Miami-Dade County Health Plan Satisfaction Survey to help us improve your care.

[Survey](#)

For more information visit [Wellness Works Resources \(miamidadegov\)](http://WellnessWorksResources(miamidadegov)) or email wellnessworks@miamidadegov