



Glow to Thrive



Light up the sky and get your fitness glow on at the **4th Annual Glow to Thrive after Dark Wellness Festival** presented by Mayor Levine Cava.

Friday, March 7, 2025
6:00 pm – 10:00 pm
Tropical Park
7900 SW 40th Street, Miami, FL 33155

Registration for the 5k Run/Walk is only \$5 and includes:

- A glow in the dark T-shirt
- Entry to the Wellness Festival
- Live DJ music
- Kids' activities zone
- Food trucks
- Partner booths
- And more

[To Register](#)

[For More Information](#)

Don't Lose Out on the Biggest Winner Challenge 2025 Registration Ends Soon!



WellnessWorks doesn't want you to miss out on the chance to get pumped and excited about your health. Join the **Biggest Winner Challenge 2025** to improve your health and fitness in just 12 weeks.

CHOOSE YOUR CHALLENGE: Muscle Gain or Fat Loss
CHALLENGE DATES: February 24 – May 23, 2025

The Challenge will include:

- Online webinars geared towards burning fat and building muscle
- A Wellness Coach assigned to each team to guide their success
- Biometric Ultrasound tracking measurements at initial and final assessments
- Easy access to special events, measurements and incentives
- Awards and prizes

Employees interested in participating may email their Department Representative or [Wellness Liaison](#) to join their department team. Teams are based on location.

[For More Information](#)

Q1 Challenge: Pump Up Your Heart Steps Challenge



Walking is one of the simplest and most efficient ways to improve your cardiovascular health. Activate your heart muscles and make the effort to increase your cardiovascular fitness by joining the **Pump up your Heart Steps Challenge** this quarter.

THE CHALLENGE: 175,000 steps over 4 weeks
CHALLENGE DATES: February 24 – March 22, 2025

REGISTRATION OPENS: February 10, 2025

To join the Steps Challenge, visit:
www.healthroads.com

[For More Information](#)

February Biometric Screenings

Stay in tune with your health by attending a WellnessWorks Biometric Screening Event. MDC employees who are insured by Aetna are eligible to attend this **free screening** that includes:

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

[Upcoming Biometric Screening Events this Month](#)

February 18

- MDC Parks, Recreation and Open Spaces | Hickman Building
- 10:00 am – 2:00 pm

February 19

- MDC People and Internal Operations Dept. | Trade Shop Facility
- 10:00 am – 2:00 pm

February 20

- MDC Aviation Dept.
- 10:00 am – 2:00 pm

WellnessWorks' 2025 Wellness Educational Workshops Kick Off in February!

Take a moment to fuel your mind and increase your wellness knowledge by attending an in-person or virtual educational workshop presentation. These workshops are designed to educate attendees on strategies to integrate fitness, nutrition, and overall wellness into your daily life.

February's workshops will be on Heart Disease & Prevention (unless otherwise noted). Join the WellnessWorks team at an MDC site near you or log in to a virtual presentation to attend one of these upcoming events:

February 13

- Aviation | Virtual Workshop Presentation
- 11:00 am – 11:30 am
- Register at:
<https://attendee.gotowebinar.com/register/7053252088128714374>

February 19

- Medical Examiner's Office | Auditorium
- 12:00 pm – 3:00 pm

February 20

- Miami Dade Sheriff's Office | PM& Classroom – Room 1104
- 12:00 pm – 3:00 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Peppery Barbecue-Glazed Shrimp with Vegetables & Orzo

- Prep Time: 30 minutes
- Total Time: 30 minutes
- Serves: 4



Source: <https://www.eatingwell.com/recipe/273724/peppery-barbecue-glazed-shrimp-with-vegetables-orzo/>

This dish offers a balanced combination of lean protein, healthy carbs, and essential vitamins to nourish your body. It's a delicious, nutritious choice for any night of the week!

Ingredients

- 1 pound peeled and deveined jumbo shrimp, thawed if frozen
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon ground pepper
- ¼ teaspoon cayenne pepper
- 1 cup whole-grain orzo
- 3 scallions
- 2 tablespoons olive oil, divided
- 2 cups of coarsely chopped zucchini
- 1 cup coarsely chopped bell pepper
- ½ cup thinly sliced celery
- 1 cup cherry tomatoes, halved
- ½ teaspoon salt
- 2 tablespoons barbecue sauce
- Lemon wedges for serving

Instructions

1. Place the shrimp in a medium bowl. In a small bowl, mix paprika, garlic powder, oregano, pepper, and cayenne together. Sprinkle the spice mixture over the shrimp, toss to coat, and set aside.
2. Bring a large saucepan of water to boil. Cook the orzo according to the package instructions; drain. Return the orzo to the hot pot, cover, and keep warm.
3. While the orzo cooks, slice the scallions, keeping the white and green parts separate. Heat 1 tablespoon of oil in a medium skillet over medium-high heat. Add the scallion whites, zucchini, bell pepper, and celery; cook, stirring occasionally, until the vegetables are crisp-tender, about 5 minutes. Stir in the tomatoes and cook for 2 to 3 minutes until softened. Transfer the vegetables to the pot with the orzo. Add salt and toss to combine.
4. Using the same skillet, heat the remaining 1 tablespoon of oil over medium heat. Add the shrimp and cook, turning once, until opaque, about 4 to 6 minutes. Drizzle with barbecue sauce and stir to coat the shrimp, cooking for about 1 minute.
5. Serve the shrimp alongside the vegetable and orzo mixture. Garnish with scallion greens and serve with lemon wedges, if desired.

Serving Size: 2 cups | Calories: 360 | Carbohydrates: 41g | Fiber: 10g | Sugars: 7g | Protein: 30g | Total Fat: 9g | Saturated Fat: 1g

Live a Heart Healthy Lifestyle



Source: <https://www.nhlbi.nih.gov/health/heart-healthy-living>

February is American Heart Month, a time when all people can focus on their cardiovascular health.

According to the [National Heart, Lung, and Blood Institute](#), heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.

Start with a Step, and Walk Your Way to Better Health

Walking improves heart and brain health and promotes longevity. This form of exercise may be done almost anywhere, such as inside your home, or at a local shopping mall on rainy or hot days.

Walking improves your health in so many ways that are beneficial to overall health and well-being. Incorporating more time moving and stepping promotes great outcomes and may enhance quality of life.

[For More Information](#)

Healthy Selfie



Ricardo Bran of the People and Internal Operations Department taking a mental break and practicing self-care, all while enjoying the winter snow in his WellnessWorks swag.

[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 well-being 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 our upcoming newsletter, please submit high-quality images to WellnessWorks@MiamiDade.gov.

Emotional Wellness Reminder

Let's Talk About Eating Disorders: Awareness, Education, and Support to Break the Silence Around Eating Disorders

Eating disorders affect millions of people worldwide, transcending age, gender, and cultural boundaries. Raising awareness and providing education about these conditions can help combat stigma, promote early intervention, and save lives.

In this newsletter, we explore the complexities of eating disorders, offer resources for support, and provide actionable steps to foster healthy relationships with food and body image.

What Are Eating Disorders?

Eating disorders are serious mental health conditions characterized by unhealthy eating behaviors and distorted thoughts about food and body image. Common types include:

- Anorexia Nervosa: Extreme food restriction leading to significant weight loss
- Bulimia Nervosa: Cycles of binge eating followed by purging
- Binge Eating Disorder: Episodes of eating large quantities of food without purging

Signs to Watch For

- Obsession with weight, dieting, and body shape
- Drastic changes in eating habits
- Avoiding meals or eating in secret
- Emotional distress linked to food or body image

How to Support Someone Who's Struggling

Approach them with empathy and avoid judgment. Encourage open communication about feelings and struggles. Suggest professional help, such as a therapist or nutritionist specializing in eating disorders. Educate yourself about the condition to provide informed support.

- Educational Resource Spotlight:
 - Check out free, pro-recovery and therapist-led support groups for eating disorders at: <https://www.allianceforeatingdisorders.com/groups/>.
 - Read and share stories of hope from those who have battled eating disorders at: <https://www.eatingdisorderhope.com/blog/category/stories-of-hope/>.

If you or someone you know is struggling with an eating disorder, don't hesitate to reach out for help. **Call the National Eating Disorders Helpline at 1-800-931-2237.**

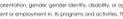
Together, we can create a community where every individual feels valued beyond appearance. Share this newsletter with friends and family to spread awareness. Thank you for joining us in this important conversation.

If you, a family member, or a team member are struggling with feelings or emotions that interfere with the ability to engage in daily life, please feel free to reach out to the team at the **Miami Dade Employee Assistance Program (EAP)**. Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration or enhancement of emotional and mental wellness.

The EAP team provides virtual and on-site assessments for all employees in need of assistance. To set up an appointment with an EAP counselor please call **305-375-3293** or email Gerna.Lopez@MiamiDade.gov. EAP hours of operation are **Monday-Friday from 8:00 am to 5:00 pm**. To learn more about EAP resources, events, and support, visit www.miamidade.gov/success-services.

For more information, visit the [Miami Dade WellnessWorks Resource Page](#) or email WellnessWorks@MiamiDade.gov.

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