

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



April 2021

“A calm mind brings inner and self-confidence, so that’s very important for good health.”

-Dalai Lama



World Health Day - April 7

On World Health Day, April 7, 2021, the World Health Organization is inviting you to join a new campaign to build a fairer, healthier world.

[JOIN US](#)

Eat Smart: WellnessWorks Coach Nutrition Corner



Asparagus & Smoked Mozzarella Pizzettes

These cute mini pizzas are topped with asparagus, walnuts, mint, orange and smoked mozzarella cheese for what may sound like a crazy combination of pizza toppings, but try it for yourself. The mix puts a downright delicious spin on pizza night.

[VIEW RECIPE](#)

STRESS AWARENESS MONTH



Stress Awareness Month

Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

[SEE TIPS FOR STRESS RELIEF](#)

Exercise and Stress Management

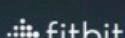


Exercise & stress: Get moving to manage stress

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

[LEARN MORE](#)

March 10, 2021



Healthy Selfie:

Twyla Thompson of Miami-Dade Clerk of Courts department showing off her daily Fitbit, captured steps at one of WellnessWorks weekly webinars on March 10—Tools for Tracking your Fitness.

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.

“Walking on Sunshine” Steps Challenge

Step out into the SUNSHINE and walk your way to a HEALTHIER YOU!

The Challenge - 175,000 Steps Over 4 Weeks

- Registration opens April 26
- The Challenge runs May 2– May 29

[REGISTER/INFO](#)



PHA and Biometric Screenings

Get to know your health standings and receive a recommended action plan to maintain your health or make improvements.

[SCHEDULE YOUR APPOINTMENT](#)

[LOGIN TO COMPLETE YOUR PHA](#)



Wellness on Demand



Stay informed on health and wellness related topics by joining WellnessWorks Live Weekly Webinars.

[TO VIEW & JOIN UPCOMING WEBINARS](#)

[CLICK HERE](#)

Check out WellnessWorks & EAP channel for pre-recorded videos on Exercise, Stretching, Meditation and Wellness Tips for Miami Dade County Employees:

[Wellness on Demand](#)

[Emotional Wellness on Demand](#)

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