



9th Annual Monster Mash 5k Dash & Family Fun Day

Presented by Mayor Daniella Levine Cava



It's no tricks, all treats, and just the right amount of spooky and sweet as we conjure up excitement for the [9th Annual Monster Mash 5k Dash & Family Fun Day](#) presented by Mayor Daniella Levine Cava.

Saturday, October 18, 2025
6:00 am - 12:00 pm

Zoo Miami
12400 SW 152nd Street
Miami, FL 33177

Lace up your sneakers and bring the family to join us for a day of not-so-scary fun and fitness. We invite all employees and family members to dress up in your most festive costumes. County employees may wear costumes during the 5K race in accordance with Zoo Miami's costume guidelines.

[Register Now](#)

Early Registration: July 26 – Aug. 23
General Registration: Aug. 24 – Oct. 18

Click [HERE](#) for more information or email us at: WellnessWorks@MiamiDade.gov

Q3 Steps Challenge: Healthy Beyond Summer Steps Challenge



Before Summer gives way to Fall, manifest a change in your health and take action to tackle your fitness goals by joining the **Healthy Beyond Summer Steps Challenge**.

THE CHALLENGE: 250,000 steps over 4 weeks
CHALLENGE DATES: Aug. 11 – Sept. 6, 2025
REGISTER AT: www.HealthyBeyondSteps.com

Sizzle Your Waist Challenge

Don't get scorched by the sun, melt waistline inches instead. Join the **Sizzle Your Waist Challenge** to get lean and trim in just a few months.

To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.

CHALLENGE DATES: January 20 – December 1, 2025
REGISTER AT: <http://www.HealthyBeyondSteps.com/ncen/qa/PlanSummary>

[Click For More Information](#)

WellnessWorks' Educational Workshops & Wellness Events

Educational Workshops – Dates & Topics

Stay up to date with relevant health and wellness topics to achieve a healthy lifestyle. Join the WellnessWorks team at a monthly in-person educational workshop, featuring presentations and on-site Health Coaching Tables.

August 6 | Find Your Balance: Mindful Eating & Nutrition

- Corrections HQ | 3505 NW 107th Ave. | Conference Rm. L2008
- Presentation: 11:00 am – 12:00 pm
- Free Health Coaching: 12:30 pm – 3:00 pm | email Jeremie.Etienne@AvMed.org to secure a time slot

August 7 | Weight Management & Metabolism

- Stephen P. Clark Center | 111 NW 1st Street | Rm. 18-4
- Presentation: 12:00 pm – 1:00 pm

August 12 | Find Your Balance: Mindful Eating & Nutrition

- Northeast Transit Bus Operations | 360 NE 185th Street
- 10:00 am – 2:00 pm

August 14 | Find Your Balance: Mindful Eating & Nutrition

- Miami-Dade Sheriff's Office | 9105 NW 25th Street | Classroom 1104
- Presentation: 11:00 am – 12:00 pm
- Free Health Coaching: 12:30 pm – 3:00 pm | email Jeremie.Etienne@AvMed.org to secure a time slot

August 21 | Find Your Balance: Mindful Eating & Nutrition

- Virtual Presentation: 11:00 am – 12:00 pm
- Click [here](#) to register

Biometric Screenings – Dates & Locations

Stay in tune with your health by attending a Biometric Screening Event. MDC employees who are insured by AvMed are eligible for this free screening for:

Blood Pressure • Cholesterol • Blood Sugar • BMI • Massage

August 14 @ Fleet Management Shop 3

- WHERE: 8801 NW 58th Street, Doral, 33178 | Main Conference Rm.
- WHEN: 11:30 am – 3:30 pm
- [Register Here](#)

August 19 @ Corrections-Prelit Detention Center (PTDC)

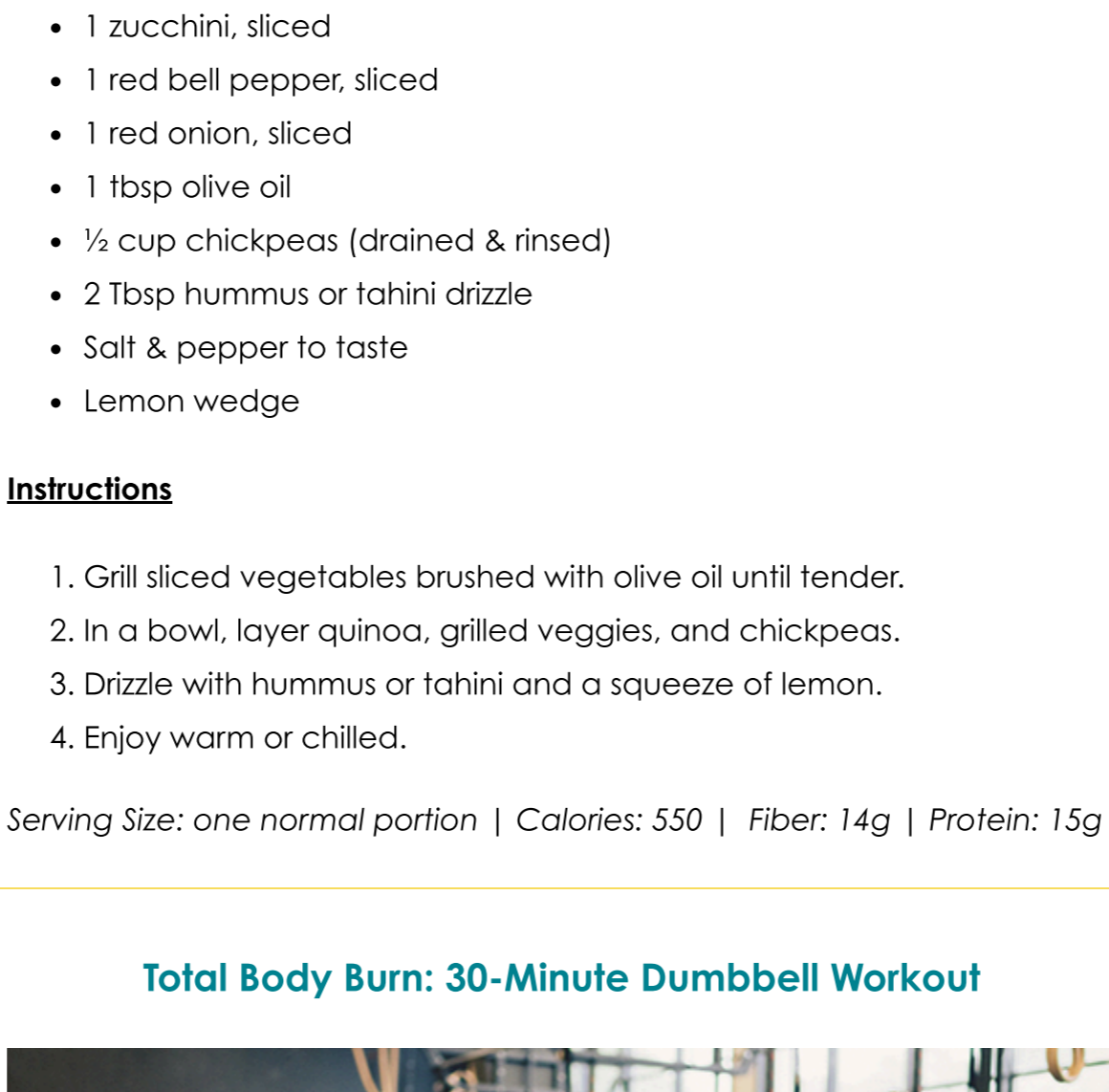
- WHERE: 1321 NW 13th Street, Miami, 33125 | 7th Floor B-Wing
- WHEN: 12:00 pm – 4:00 pm
- [Register Here](#)

August 20 @ District Courts

- WHERE: 11 East 6th Street, Hialeah, 33010
- WHEN: 10:00 am – 2:00 pm
- [Register Here](#)

Eat Smart: WellnessWorks Coach Nutrition Corner

Grilled Veggie & Quinoa Power Bowl



Source: <https://ourkickchenrecipe.com/grilled-veggie-bowl-with-quinoa/>

This recipe proves that healthy eating can be incredibly vibrant, satisfying, and bursting with flavor. Packed with plant-based protein, fiber, and healthy fats, it's a perfect dish to enjoy for lunch or dinner.

Ingredients

- 1 cup cooked quinoa
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 red onion, sliced
- 1 tbsp olive oil
- ½ cup chickpeas (drained & rinsed)
- 2 Tbsp hummus or tahini drizzle
- Salt & pepper to taste
- Lemon wedge

Instructions

1. Grill sliced vegetables brushed with olive oil until tender.
2. In a bowl, layer quinoa, grilled veggies, and chickpeas.
3. Drizzle with hummus or tahini and a squeeze of lemon.
4. Enjoy warm or chilled.

Serving Size: one normal portion | Calories: 550 | Fiber: 14g | Protein: 15g

Total Body Burn: 30-Minute Dumbbell Workout



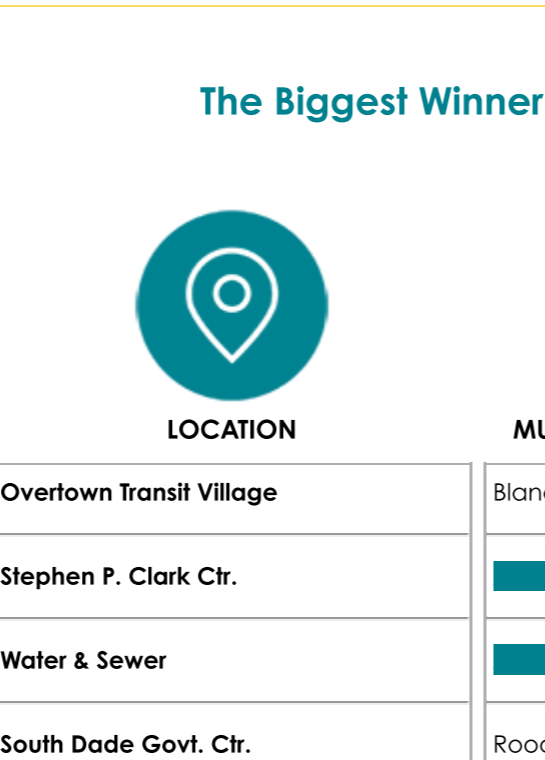
Complete 3 rounds of the following (10 reps each, 60 seconds rest between rounds)

1. Dumbbell Squats
2. Shoulder Press
3. Bent Over Rows
4. Dumbbell Lunges (each leg)
5. Chest Press (on floor or bench)
6. Russian Twists (20 total)
7. Plank to Dumbbell Pull-Through (10 per side)

Tip: Choose a moderate weight that challenges you but allows proper form.

Health Observeance Spotlight: National Wellness Month

Focusing on Workplace Wellness



National Wellness Month encourages individuals to prioritize self-care, manage stress, and promote healthy routines. In the corporate setting, this health observance presents a valuable opportunity to boost employee well-being, engagement, and productivity.

Why Corporate Wellness Matters

According to the [National Institutes of Health](#) and the [Workplace Health Promotion](#) program:

- Over 80% of adults spend one-third of their lives at work
- Poor workplace health contributes to increased absenteeism, reduced performance, and higher healthcare costs
- Effective wellness programs can reduce sick leave by 25% and healthcare costs by more than 20%

Ways Employers Can Support National Wellness Month

- Offer **on-site or virtual fitness challenges**
- Promote **mental health days** and stress-reduction activities
- Share **healthy recipes** or host lunch-and-learns on nutrition
- Provide hydration stations and **encourage breaks from screens**
- Recognize **employee efforts** toward personal wellness goals

Wellness Tip for Employees

Set a **15-minute wellness break** each day. Stretch, take a walk, breathe deeply, or disconnect from digital devices. These small actions build a stronger, healthier you.

Let August be your launchpad for year-round wellness. Whether you're working remotely, hybrid, or on-site, small daily actions create lasting results. For more information, visit: [CDC Workplace Health Model](#) | [Workplace Health](#) | [CDC](#)

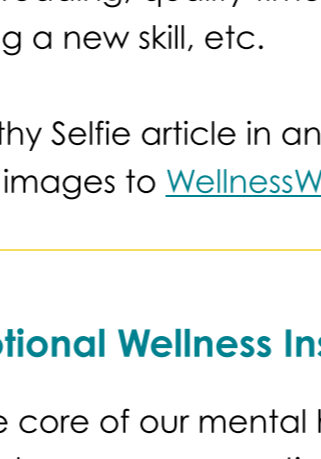
Health Tip of the Month

Prevent Heat-Related Illness: Drink plenty of fluids, stay in air-conditioned spaces, and avoid strenuous activity during the hottest part of the day. (Source: [U.S. Ready.gov/heat](#))

Bonus Tip: If you're exercising outdoors, aim for early morning or late evening and wear light-colored, breathable clothing.

The Biggest Winner Challenge 2025 Results

LOCATION	MUSCLE GAIN WINNERS	FAT LOSS WINNERS
Overtown Transit Village	Bianca Morales (C2)	
Stephen P. Clark Ctr.		Juko Ikada (DCA)
Water & Sewer		Echeverry Alejandro (WASD)
South Dade Govt. Ctr.	Roody Pierre-Charles (WASD)	Brent Capley (Library)
Corrections & Rehabilitation HQ		Lory Kampanzation (MDCR)
Miami-Dade Sheriff's Office	Ledesma Vincent (MDSO)	Barbara Sepulveda (MDSO)
Information Technology Dept.	Natalie Cuentas (Aviation)	Julissa Aracha (Aviation)
Aviation	Aria Bello (Aviation)	Maria Caballero (Aviation)
Miami-Dade Fire & Rescue		Arian Castañero (ASD)



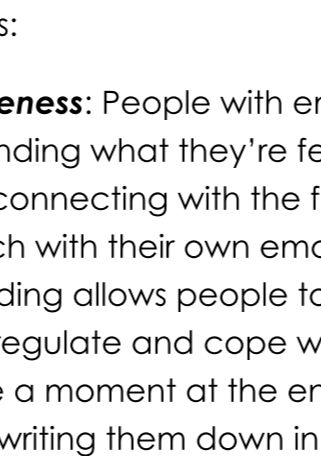
The Biggest Winner - Muscle Gain

Individual Countywide:

Ledesma Vincent (MDSO)

TEAM: WASD Lab Rats

Megan Anderson	Alexander Lara
Michael Garotte	Brian Nodar
Pierre Gustave	Roody Pierre-Charles
Vincent Ledesma	Stella Roa



The Biggest Winner - Fat Loss

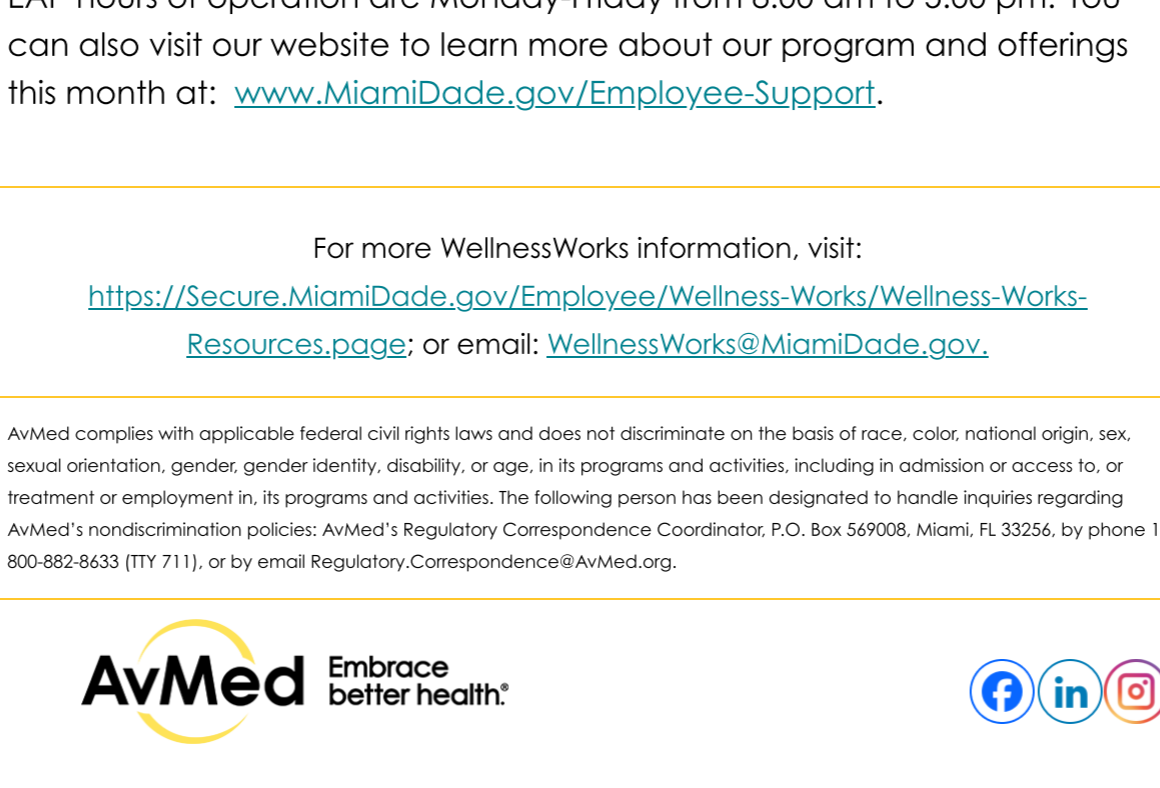
Individual Countywide:

Barbara Sepulveda (MDSO)

TEAM: AVIATION New Beginnings

Tull Chediak	Amelle Hampton
Shikyma Clare	Roberto Hernandez
Christopher Cook	Sandra Jackson
Earl Davis, Jr.	Christina Naser
Jennifer Eisenberg	Melissa Saldana
Brenda Ellis	Judy Santos
Cinta Gomez	Michelle Thames
Maxine Gooden	

Healthy Selfie



MDC WellnessWorks Program Health Coach Jeremie Etienne (pictured second from left) and employees from the Miami-Dade Corrections & Rehabilitation Department posed for a picture after their WellnessWorks Educational Workshop Hip Hop Fitness Class last month.

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 an upcoming newsletter, please submit high quality images to WellnessWorks@MiamiDade.gov.

Emotional Wellness Insights

Emotional wellness is at the core of our mental health. It's the ability to recognize, understand, and express our emotions in ways that are honest and manageable. This does not mean being happy all the time or avoiding emotional discomfort. In fact, emotional wellness invites us to become more attuned to our feelings of grief, joy, anger, fear, and everything in between. It means being able to sit with ourselves during moments of vulnerability and believing we're worthy of care and love.

Why does this matter? Because emotional wellness impacts every area of our lives, from the way we make decisions, communicate with others, and move through and past conflict. It also affects how we sleep at night, how we treat ourselves, and how we manage pressure.

When we are emotionally well, we tend to feel more grounded and equipped to meet life's challenges. We experience clarity, confidence, and resilience. When our emotional wellness is strained or ignored, we may find ourselves overwhelmed, irritable, disconnected, or reactive. Research continues to confirm what many of us feel intuitively: when we care for our emotional selves, our physical health, relationships, and sense of purpose all improve.

This month, we turn our attention to being proactive with our emotional health. Being proactive means taking small, consistent steps to care for ourselves before we hit a wall. Here are some tips this month to focus on for your emotional wellness:

- **Build Emotional Awareness:** People with emotional awareness are focused on understanding what they're feeling and why. They also have an easier time connecting with the feelings of others because they are more in touch with their own emotions. This type of emotional understanding allows people to respond appropriately to others and to better regulate and cope with difficult emotions, such as anger or fear. Take a moment at the end of every day to reflect on your emotions by writing them down in a journal or by making mental notes.

- **Find Gratitude in the Challenges:** Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about negative or difficult situations can help us to really nail down what we are thankful for. These challenging moments allow us to realize our strengths and resilience. Tough times also force us to do things just a little bit differently or learn something new. For us to grow, there are times we must get comfortable with being uncomfortable. So, dig a little deeper this week into some of your own past challenges and be grateful for them because they have helped shape you into the person you are today.

If you, a family member, or a team member are struggling with feelings or emotions that interfere with daily life activities, please feel free to reach out to our 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 provides virtual and on-site assessments for employees who need assistance. To set up an assessment with an EAP counselor at no cost, call 305-375-3293 or email jessica.hughes-fillette@MiamiDade.gov.

EAP hours of operation are Monday-Friday from 8:00 am to 5:00 pm. You can also visit our website to learn more about our program and offerings this month at: www.MiamiDade.gov/Employee-Support.

For more WellnessWorks information, visit: <http://Secure.MiamiDade.gov/Employees/Wellness-Works/Wellness-Works-Resources.aspx> or email: WellnessWorks@MiamiDade.gov.

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