

**“I believe that the greatest gift you can give your family and the world is a healthy you.”**

–Joyce Meyer

## Tripledemic or Triple Threat Illnesses



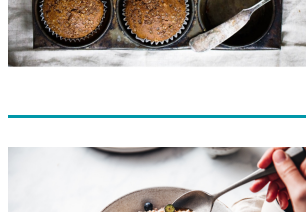
### Which virus could it be?

This winter plagues three viruses you should be on the lookout for, when you're feeling under the weather, COVID-19, Flu, and RSV. Researchers are saying these viruses have similar symptoms, such as fever and headache and respiratory symptoms and aches and pains. Testing is required by a physician to distinguish which virus is causing your health concern.

If you or anyone you know may be experiencing these symptoms contact a medical provider to help determine the root cause for concern.

[Learn More](#)

## Health is Wealth Healthy Recipe: WellnessWorks Coach Nutrition Corner



### Healthy Gingerbread Muffins

The holidays are here! Give these quick and fluffy gingerbread muffins a try at your next holiday event!

[View Recipe](#)



### Low down on Cholesterol

Can a bowl of oatmeal help lower your cholesterol? How about a handful of almonds? A few simple tweaks to your diet — along with exercise and other heart-healthy habits — might help you lower your cholesterol.

[Heart Healthy Habits](#)



### Portion Control

When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines.

[Read More](#)

## You're invited!

**Sparkle and Thrive** at the WellnessWorks  
**WINTER extravaganza**  
PRESENTED BY MAYOR DANIELLA LEVINE CAVA

**Stephen P. Clark Government Center**  
**Tuesday, December 6**  
**10 AM – 2 PM**

**South Dade Government Center**  
**Thursday, December 8**  
**10 AM – 2 PM**

Shopping Deals  
Wellness Stations  
Photo with Santa  
Adopt A Pet  
and much more!

For More Information email [DiscountNinja@miamidade.gov](mailto:DiscountNinja@miamidade.gov) or [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)

Presented by the Human Resources Department's Benefits and Employee Support Services Division

AvMed WELLNESSWORKS MIAMI-DADE COUNTY I THRIVE @ MIAMI-DADE COUNTY

Enjoy food, fun, and so much more at the nearest Winter Wellness Extravaganza. Join Discount Ninja and WellnessWorks at this exciting event. You don't want to miss it!

[For more information](#)



## Join the Grace and Gratitude Challenge

Experience positive emotions such as gratitude, grace, and loving-kindness with the **Grace and Gratitude Challenge**. WellnessWorks challenges you to kick off your new year on a positive note by going out of your way to give your compassion, kindness and love to others, even if they might not appreciate it, or return the favor. Practicing gratitude and grace daily can lead to happiness, peace, and an increase in your positive mental health.

Registration opens: January 9, 2023

Challenge dates: January 16 - February 12, 2023

**Challenge:** Complete at least one act of grace or gratitude action and log them daily for at least 20 days to earn 100 points to complete the challenge! Challenge Goal: Earn 100 credits by completing at least one action for 20 days during the month of January and February.

[Click Here to Register](#)

## Health is Wealth Seasonal Recipes

**WellnessWorks has just what you need when hunger strikes!**

Enjoy these delicious and nutritious recipes provided by WellnessWorks AvMed Health Coach and Nutritionist, Danielle Portuondo.

View precoded recipe demonstrations and pick up a copy of the recipe cards from a WellnessWorks event near you or from the Stephen P. Clark Center, on the 20th floor, in the WellnessWorks area.

[WellnessWorks: Apple Pie Overnight Oats Healthy Recipe Card](#)

[WellnessWorks: Pumpkin Spice Smoothie Healthy Recipe Card](#)

[WellnessWorks: Hummus Pita Healthy Recipe Card](#)

[WellnessWorks: Sweet Potato Fries with Paprika Garlic Dip Healthy Recipe Card](#)

[WellnessWorks: Butternut Squash Salad Healthy Recipe Card](#)

## Healthy Selfie:



MDC Employee in the spirit of the holidays and taking time for a walk and enjoying some sunshine.

Can you guess the employee that submitted this Healthy selfie? First person to email [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov) receives a WellnessWorks swag prize.

**Clue:** Energetic, Warrior for Wellness in her department, World Steppers Walk around the World 2021 Winning team Captain

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@miamidade.gov](mailto:wellnessworks@miamidade.gov).

## Healthy Tip:



### Losing Weight

Achieving healthy weight loss isn't about a "diet" or "program" but a lifestyle with healthy eating patterns, regular physical activity, and stress management. Rely on healthy eating and physical activity to help maintain health over the long term.

[Learn More](#)

## Get FIT! MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

### Workout of the Month

**SAMARITAN**  
DAREBEE WORKOUT © darebee.com  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

20 lunges  
20 calf raises  
20 forward bends  
20 shoulder taps  
20 push-ups  
20 plank crunches  
20 W extensions  
20 prone reverse fly

[Learn More](#)



### Bariatric Weight-Loss Surgery Webinar

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

Join us on Thursday, December 8, 2022, 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](https://JacksonCanHelp.org) to register or call 305-585-TRIM (8746) to schedule a consultation.

[Webinar](#)



### Looking To Change Your Story?

Jackson Health System bariatric weight-loss surgery program has helped thousands transform their lives.

Join us on Thursday, Nov. 10, 2022 at 6:30 p.m. for a free, informational online seminar, where you can have all of your questions answered by our bariatric surgeons.

Visit [JacksonCanHelp.org](https://JacksonCanHelp.org) to register or call 305-585-TRIM (8746) to schedule a consultation.

[Learn More](#)

## Coming Soon:

### Biometric Screenings

**January 24, 2023**

SPCC Biometrics Screenings, 111 NW First St Miami, FL 33128

**Room: 18-3**

10 am – 3 pm

**January 25, 2023**

Intercoastal Station 15665 Biscayne Boulevard, Miami, Florida 33160

**Room: Roll Call room**

10 am - 2 pm

For more information visit

<https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>.