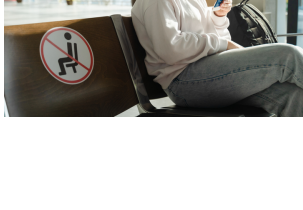


**“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy.”**

- Bella Bleue



## Protect Yourself Against the Flu

Masks, social distancing, and improved sanitation habits to fight COVID-19 have kept other respiratory viruses from spreading. Individuals should remain vigilant and maintain efforts to protect themselves and their loved ones against the flu this season.

[Take Action to Prevent Flu](#)

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



### Butternut Squash Soup

Fall is here and butternut squash is in season! Known for its sweet, nutty taste, butternut squash can be enjoyed on its own or in soups, stews, casseroles, and desserts. Enjoy this comforting fall recipe!

[View Recipe](#)



## National Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when malignant tumors develop in the breast. According to the World Health Organization, breast cancer is the most common cancer among women worldwide.

[Know the Facts](#)

## Nutrition Challenge



### Eat healthy this fall season with the Fall Nutrition Challenge

When the holidays creep in you will be ready to combat the urge to overindulge in unhealthy eating habits. This challenge will help you to recognize the importance of eating a colorful diet that includes fruits and vegetables.

- Registration Opens Oct. 3, 2022
- Challenge runs Oct. 10– Nov. 5, 2022

**Challenge:** Eat more fruits and veggies and consuming more water.



## Step Up and Thrive Face-Off 2023

We are looking for 32 teams of 25 participants to join the ultimate department annual steps challenge showdown for 2023! Department teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step Up and Thrive Face-Off 2023 Challenge Champions.

**Challenge Dates** - January 23, 2023- November 11, 2023

### To Register:

Designated Team Captains will collect all participants' complete information on the registration form found [here](#) and submit the completed form to [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov) from October 1, 2022 to November 18, 2022.

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

## Q4 Steps Challenge



### Dashing Towards Better Health for Winter Steps Challenge

WellnessWorks encourages you to move more this winter. Get a head start on your fitness before the holiday hustle and bustle rolls in by joining Dashing into Winter Steps Challenge. Whether that's going for a walk or a run on your lunch break or simply making an effort to get in more steps daily this season and into the holidays.

### THE CHALLENGE

200,000 Steps Over 4 Weeks

**REGISTRATION OPENS** October 17, 2022 • **CHALLENGE DATES** Oct. 24 – Nov. 19, 2022



## MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

### Workout of the Month



[Learn More](#)

### Healthy Tip:



### Consume Less Salt and Sugar

Reduce your salt intake to 5g per day, equivalent to about one teaspoon. You can also reduce your sugar intake by limiting the consumption of sugary snacks, candies and sugar-sweetened beverages.

[Read More](#)

## Healthy Selfie:



Finance and Tax Collector Department hosted a Beat the Heat Summer Campaign event. MDC employees, enjoying a healthy gelato treat, collecting healthy recipes and learning about the upcoming Wellnessworks program event and offerings.

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.

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).



## National ADHD Awareness Month

Nearly every mainstream medical, psychological, and educational organization in the United States concluded that Attention-Deficit/Hyperactivity Disorder (ADHD) is a real, brain-based medical disorder. But it is often misunderstood.

[Understanding a Shared Experience](#)



### Emotional Wellness Reminder:

**Punctuate your day with a mini vacation for your mind by practicing mindfulness...**...with 5 minutes of awareness of your thoughts, feelings, and sensations; 5 minutes of focused attention on breathing; and five minutes of awareness of the body as a whole.

If you or a loved one are struggling, need support or more information please reach out to the Employee Assistance Program. To set up onsite or virtual assessment or support session with an EAP counselor at no cost, please **call 305-375-3293** or **email [Jessica.Hughes-Fillette@miamidade.gov](mailto:Jessica.Hughes-Fillette@miamidade.gov)**. We are located in the OTV South Building on the 15th Floor. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm. Visit [www.miamidade.gov/employee-support](http://www.miamidade.gov/employee-support) to learn more about the EAP's services.



## American Cancer Society "Making Strides Against Breast Cancer" Walk.

Whether we've faced it ourselves, or someone we love has, almost everyone has been affected by breast cancer in some way. We hope you will show your support with either a donation or by joining us on Saturday October 22, 2022 at Loan Depot Park (formerly Marlins Stadium) at 9:00 AM.

There is no cost for entry and registration can be completed by using this link: [www.MakingStridesWalk.org/MiamiFL](http://www.MakingStridesWalk.org/MiamiFL)



## Looking to Change Your Story?

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

Join us on Thursday, October 13, 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](http://JacksonCanHelp.org) to register or call 305-585-TRIM (8746) to schedule a consultation.

For more information visit:

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

For more information visit Wellness Resource Page: [Wellness Works Resources](#)

(miamidade.gov), or email [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)