

“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.”

- Andrew Carnegie

COVID-19

COVID-19 Vaccines and Booster Shots

Did you receive a COVID-19 vaccine or are you looking to get one? According to the CDC, vaccines are now available for individuals five and older and the booster shots are available for everyone age 12 and older who are vaccinated.

[CDC Recommendations](#)

[Booster Shots](#)

Eat Smart: WellnessWorks Coach Nutrition Corner

Fresh Spring Rolls

These spring rolls are a refreshing change from the usual fried variety and have become a family favorite.

[View Recipe](#)

March is National Kidney Month

The kidneys are the body's chemical factories, filtering waste and performing vital functions that control things like red blood cell production and blood pressure. Here are a few simple things people can do to keep their kidneys healthy and strong.

[Take 5 for Your Kidneys](#)

WellnessWorks invites you to join the

“Nutrition Challenge”

- Registration Opens: February 17, 2022
- Dates: March 1– March 31, 2022
- Challenge: Eat more fruits and veggies and consume more water.

[Learn More](#)

Get Screened for MDC Biometrics This Month!

Complete your Biometric assessment this month at one of the MDC WellnessWorks onsite Biometric Screening events hosted at locations throughout Miami-Dade County. Check out the 2022 event schedule listed below.

[Click For More Information](#)

Miami-Dade Fire Rescue HQ

March 1

South-Dade Government Center

March 8

Information Technology Department

March 9

Elections Department HQ

March 15

Department of Transportation and Public Works NE Bus Maintenance

March 16

MDPD Training Center

March 22

Department of Transportation and Public Works Lehman Center

March 24

Acts of Kindness Challenge Mystery Prize Raffle and Spin Wheel Drawing

Did you participate and complete last month's Acts of Kindness challenge on Healthyroads.com?

If yes, then you don't want to miss the prize wheel raffle drawing event taking place on March 29.

All eligible participants will receive an email invite to join the event.

March is National Nutrition Month

WellnessWorks brings healthy recipe ideas to you, with the launch of the “Health is Wealth Recipe” demonstrations and recipe card campaign. Tryout these easy to make and perfect for busy work day ideas that will improve your health, diet and may provide you fuel and nutrients to conquer your day.

Register to View Recordings

[White Bean Soup](#)

[Apple Peanut Butter Toast](#)

[Black Bean Avocado Toast](#)

[Stuffed Spaghetti Squash Bowls](#)

[Sweet Lemon Ginger Power Beet Juice](#)

Healthy Selfie:

In this month's Healthy Selfie, employee Juan Diasgranados, from the Miami- Dade Corrections & Rehabilitation Department, shares his wellness journey and how he took steps to improve his overall health.

[Read More](#)

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@miamidadegov.

Have you benefited from participating in WellnessWorks?
Share your story and tell us how you thrive as a result of being part of the County family at ITHRIVE@miamidadegov

ITHRIVE @
MIAMI-DADE COUNTY

You can visit the site to read about your coworkers and share your personal experience too. Together we thrive.

[Click Here: ITHRIVE](#)

Mental Health Corner: Build Your Resilience

It's all about your perspective: Resilient people learn from their mistakes rather than denying them. Allow adversity to make you stronger and remind yourself that you are growing through pushing yourself out of your comfort zone in those moments. Reframe problems and obstacles as challenges in which to rise above and remember to pay extra attention to what you tell yourself in those moments of difficulty.

To learn more about Emotional Wellness Tips and information:

[Click Here](#)

For more information, visit the Wellness Resource Page:

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