MARCH 2022

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes." - Andrew Carnegie



## **COVID-19 Vaccines and Booster Shots**

COVID-19

#### 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"



### • Dates: March 1- March 31, 2022 Challenge: Eat more fruits and veggies and

• Registration Opens: February 17, 2022

- consume more water.
- **Learn More**



## County. Check out the 2022 event schedule listed

**Click For More Information** 

**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

> **Department of Transportation and Public Works NE Bus Maintenance** March 16

Department of Transportation and

**Public Works Lehman Center** 

**MDPD Training Center** 

March 22

March 24

**Elections Department HQ** March 15

March 9

Information Technology Department

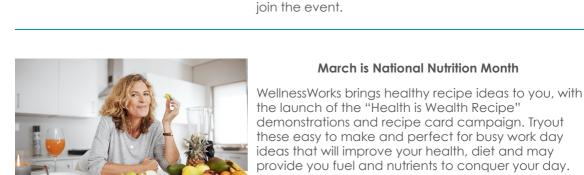
Acts of Kindness Challenge Mystery Prize Raffle

Kindness challenge on Healthyroads.com?

drawing event taking place on March 29.

and Spin Wheel Drawing Did you participate and complete last month's Acts of

If yes, then you don't want to miss the prize wheel raffle



## March is National Nutrition Month

All eligible participants will receive an email invite to

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.

Stuffed Spaghetti

**Squash Bowls** 

**Sweet Lemon Ginger Power Beet Juice** 

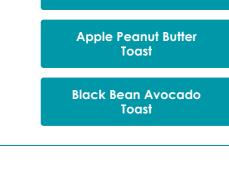
**Register to View Recordings** 

In this month's Healthy Selfie, employee Juan

**Read More** 

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.



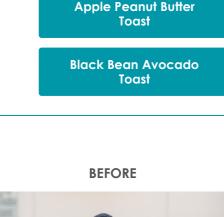
White Bean Soup

#### Diasgranados, from the Miami-Dade Corrections & Rehabilitation Department, shares his wellness journey and how he took steps to improve his overall health.

**Healthy Selfie:** 

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 **AFTER** eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as

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 <a href="mailto:ITHRIVE@miamidade.gov">ITHRIVE@miamidade.gov</a>



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

Mental Health Corner: Build Your Resilience It's all about your perspective: Resilient people learn

from their mistakes rather than denying them. Allow

Click Here: ITHRIVE

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.miamidade.gov/employee/coronavirus/wellness-works-resources.page



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