



"You have to expect things of yourself before you can do them."
—Michael Jordan

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

Early Registration Begins July 28



No tricks. All treats. And an atmosphere that's spooky and sweet will 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

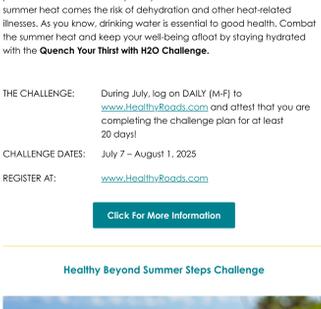
Zoo Miami
12400 SW 152nd Street
Miami, FL 33177

Lace up your sneakers and bring the family to join us for a day of non-sporty fun and fitness. We invite all employees and family members to dress up in your most festive costumes. (in accordance with Zoo Miami's rules)

REGISTRATION OPENS: July 28
REGISTER AT: [9th Annual MDC Monster Mash 5k Dash and Family Fun Day](#)

For more information
Visit: [WellnessWorks Resources Page \(MiamiDade.gov\)](#)
Email: WellnessWorks@MiamiDade.gov

2025 Hydration Challenge: "Quench Your Thirst with H₂O"



Water, water everywhere – but are you drinking enough? Summer is the perfect time to check in on your hydration habits, because with the summer heat comes the risk of dehydration and other heat-related illnesses. As you know, drinking water is essential to good health. Combat the summer heat and keep your well-being afloat by staying hydrated with the **Quench Your Thirst with H₂O Challenge**.

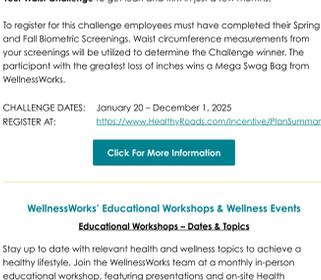
THE CHALLENGE: During July, log on DAILY (M-F) to [www.HealthyRoads.com](#) and attest that you are completing the challenge plan for at least 20 days!

CHALLENGE DATES: July 7 – August 1, 2025

REGISTER AT: [www.HealthyRoads.com](#)

[Click For More Information](#)

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: August 11 – September 6, 2025

REGISTRATION OPENS: July 28

REGISTER AT: [www.HealthyRoads.com](#)

[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.

July 16 | Stress Management & Successful Behavior Change (Anxiety & Mental Health)

- Medical Examiner Dept. | 1851 NW 10th Ave. | Auditorium
- Presentation: 2:00 pm – 3:00 pm

July 17 | Weight Management & Metabolism

- Aviation | [Click Link To Register](#)
- Virtual Presentation: 11:00 am – 12:00 pm

July 31 | Stress Management & Successful Behavior Change (Anxiety & Mental Health)

- Miami-Dade Water & Sewer | 3575 S. LeJeune Road
- Presentation: 10:00 am – 11:00 am

Cool Summer Series: Beat the Heat Events – Dates & Locations

The WellnessWorks team invites you to join us in some favorite summer pastimes to help cool off and stay healthy as we focus our attention on Heat Illness Prevention.

Visit us at a department location near you to participate in activities, sample our home-made gelato boosted with micro-nutrients, and learn ways to stay hydrated this summer!

Stop by to:

- Chat with a registered dietitian
- Burn calories at the gelato bike station
- Engage with health coaches
- Learn about incentivized health challenges and campaigns

July 8 | DTPW Central Garage

- 3300 NW 32nd Ave.
- 10:00 am – 2:00 pm

July 10 | DTPW Coral Way Garage

- 2775 SW 74th Ave.
- 10:00 am – 2:00 pm

July 15 | DTPW Northeast Garage

- 360 NE 185th St.
- 10:00 am – 2:00 pm

July 16 | Overtown Transit Village North

- 601 NW 1st Ct.
- 11:00 am – 3:00 pm

Biometrics, Cool Summer Series, & Massages – Dates & Locations

July 24 | DSWM

- 8831 NW 58th St.
- 6:30 am – 9:30 am

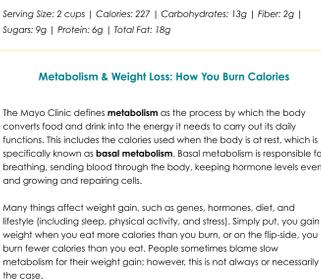
July 29 | SPCC

- 111 NW 1st St., 18th Floor
- 10:00 am – 2:00 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Watermelon & Goat Cheese Salad with Citrus Vinaigrette

- Prep Time: 20 minutes
- Total Time: 20 minutes
- Serves: 5



Source: <https://www.eatingwell.com/recipe/249003/watermelon-goat-cheese-salad-with-citrus-vinaigrette/>

Celebrate the flavors of summer this July 4th with a refreshing watermelon and watercress salad! Enjoy juicy watermelon (in season this month), crisp watercress, tangy orange vinaigrette, and creamy goat cheese, all topped with crunchy hazelnuts for a nutritious holiday treat.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons orange juice
- 1 tablespoon red-wine vinegar
- ¼ teaspoon salt
- Freshly ground pepper - to taste
- 8 cups watercress - tough stems removed, or mixed salad greens (5 ounces)
- 4 cups diced seedless watermelon (about 3 pounds with the rind)
- ¼ cup very thinly sliced red onion (¼ small)
- 2 ounces goat cheese - crumbled
- ½ cup chopped hazelnuts (2 ounces) - toasted

Instructions

- Whisk together 3 Tbsp oil, 3 Tbsp orange juice, 1 Tbsp vinegar, ¼ tsp salt, and pepper in a large bowl.
- Add 8 cups watercress, 4 cups watermelon, and ¼ cup red onion; toss to coat.
- Divide the salad on to 5 plates and top with 2 ounces of goat cheese and ½ cup hazelnuts.

Serving Size: 2 cups | Calories: 227 | Carbohydrates: 13g | Fiber: 2g | Sugars: 9g | Protein: 6g | Total Fat: 18g

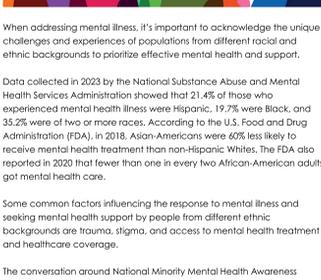
Metabolism & Weight Loss: How You Burn Calories

The Mayo Clinic defines **metabolism** as the process by which the body converts food and drink into the energy it needs to carry out its daily functions. This includes the calories used when the body is at rest, which is specifically known as **basal metabolism**. Basal metabolism is responsible for breathing, sending blood through the body, keeping hormones levels even, and growing and repairing cells.

Many things affect weight gain, such as genes, hormones, diet, and lifestyle (including sleep, physical activity, and stress). Simply put, you gain weight when you eat more calories than you burn, or on the flip-side, you burn fewer calories than you eat. People sometimes blame slow metabolism for their weight gain; however, this is not always or necessarily the case.

Read on to find out how metabolism affects weight, the truth behind slow metabolism, and how to burn more calories:
<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/metabolism/art-20046508>

Healthy Selfie



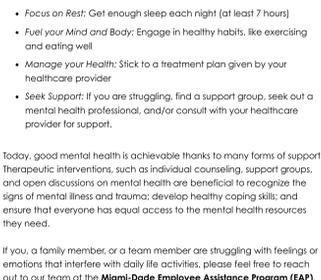
MDC Tax Collectors department hosted a Cool Summer Series: Beat the Heat event with WellnessWorks last month. Wellness Italon, Veronica Fernandez-Barquin, and MDC employee, Kevin Castillo (pictured L-R), were among the many employees on hand making and churning gelato on the exercise bike to promote the importance of staying active and keeping cool this season with a cold summer treat.

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.

July is National Minority Mental Health Awareness Month



When addressing mental illness, it's important to acknowledge the unique challenges and experiences of populations from different racial and ethnic backgrounds to prioritize effective mental health and support.

Data collected in 2023 by the National Substance Abuse and Mental Health Services Administration showed that 21.4% of those who experienced mental health illness were Hispanic, 19.7% were Black, and 35.2% were of two or more races. According to the U.S. Food and Drug Administration (FDA), in 2018, Asian-Americans were 60% less likely to receive mental health treatment than non-Hispanic Whites. The FDA also reported in 2020 that fewer than one in every two African-American adults got mental health care.

Some common factors influencing the response to mental illness and seeking mental health support by people from different ethnic backgrounds are trauma, stigma, and access to mental health treatment and healthcare coverage.

The conversation around National Minority Mental Health Awareness Month begins by tackling two important questions:

What is Mental Health?

Mental health encompasses emotional, mental, and social well-being. Mental health impacts how a person thinks, feels, and acts, how they manage stress, and the choices they make. Common symptoms of mental illness can include long-lasting sadness or irritability, extreme highs and low moods, excessive fear, worry, or anxiety; social withdrawal; dramatic changes in performance, attendance, eating or sleeping habits.

What is Trauma?

Trauma is an emotional distress caused by distressing events and/or experiences. Traumatic events can run the gamut from natural disasters (such as hurricanes, earthquakes, and floods), to acts of violence (such as assault, abuse, terror attacks, and mass shootings), to car crashes or other accidents, among countless other negative incidents. Symptoms that may present following a trauma can include worrying or feeling very anxious; being sad or fearful; crying often; trouble thinking clearly; having frightening thoughts or flashbacks.

Because many occurrences of daily life can impact your mood and mental health, awareness on these topics will help to better identify and manage symptoms and overcome past and present stressors. When you take care of your mental health, you can cope better with stresses or other challenges. Here are a few ways to manage your overall mental health:

- Focus on Rest: Get enough sleep each night (at least 7 hours)
- Fuel your Mind and Body: Engage in healthy habits, like exercising and eating well
- Manage your Health: Stick to a treatment plan given by your healthcare provider
- Seek Support: If you are struggling, find a support group, seek out a mental health professional, and/or consult with your healthcare provider for support.

Today, good mental health is achievable thanks to many forms of support. Therapeutic interventions, such as individual counseling, support groups, and open discussions on mental health are beneficial to recognize the signs of mental illness and trauma; develop healthy coping skills; and ensure that everyone has equal access to the mental health resources they need.

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 all employees and family members who need assistance. To set up an assessment with an **EAP counselor at no cost**, please call **305-375-3293** or email jessica.nuñez@mi-dade.gov.

EAP hours of operation are **Monday-Friday from 8:00 am to 5:00 pm**. To learn more about EAP programs and services, visit: www.MiamiDade.gov/Support-Services.

The Biggest Winner Challenge 2025 Results

2025 Muscle Gain Winners



The Biggest Winners: Individuals by Location

- Blanca Morales (ICD) | OTV
- Roody Pierre-Charles (WASD) | South Dade Govt. Center
- Ledesma Vincent (MDSO) | Miami-Dade Sheriff's Office
- Natalie Cifuentes (Aviation) | Information Technology Dept.
- Anna Bello (Aviation) | Aviation

The Biggest Winner: Individual Countywide

Ledesma Vincent (MDSO)

The Biggest Winner: Countywide Team

WASD – Lab Rats

Roody Pierre Charles	Megan Anderson
Shelie Roca	Alexander Lara
Pierre Gurtava	Michael Gomez
Vincent Ledesma	Brian Nodar

2025 Fat Loss Winners

The Biggest Winners: Individuals by Location

- Julio Italoa (OCA) | SPCC
- Echeverry Alejandro (WASD) | Water & Sewer
- Brent Capley (Library) | South Dade Govt. Center
- Lany Ramprajan (MCDR) | Corrections & Rehabilitation HQ
- Barbara Sepulveda (MDSO) | Miami-Dade Sheriff's Office
- Jussisa Arocho (Aviation) | Information Technology Dept.
- Maria Caballeria (Aviation) | Aviation
- Alain Castinera (ASD) | Miami-Dade Fire & Rescue

The Biggest Winner: Individual Countywide

Barbara Sepulveda (MDSO)

The Biggest Winner: Countywide Team

Aviation - New Beginnings

Melissa Saldana	Tuli Chediak
Brenda Ellis	Jennifer Eisenberg
Earl Davis Jr.	Shikya Clare
Nichelle Thomas	Carla Gomez
Christopher Cook	Maxine Gooden
Roberto Hernandez	Arnelle Hampton
Sandra Jackson	Judy Santos

For more WellnessWorks information, visit:
https://Secure.MiamiDade.gov/Employees/WellnessWorks/WellnessWorks-Resources.aspx or email: WellnessWorks@MiamiDade.gov.