



"Consistency is more important than perfection" – Unknown

## Welcome Fall Wellness Fair



Presented by  
Mayor Daniella Levine Cova

Say "so long" to summer and celebrate the start of a new season at the "Welcome Fall" Wellness Fair.

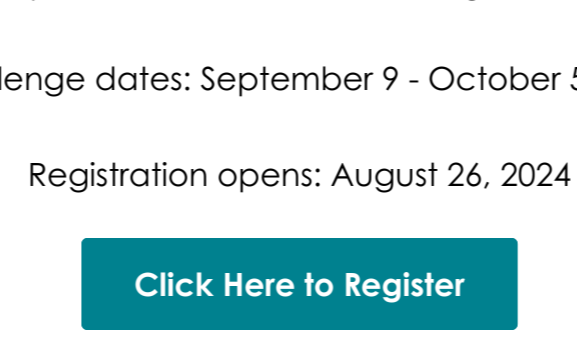
Think and dress in pink to bring awareness to breast cancer prevention and support finding a cure.

Wednesday, September 4, 2024  
10:00 am - 2:00 pm

Stephen P. Clark Government Center  
111 NW 1<sup>st</sup> Street, Miami, FL 33128  
East Lobby

[Click Here for More](#)

## Mind & Mood: Practice Stress Management Wellbeing Challenge



Stress is your body's way of alerting you that attention is needed in certain areas of your life, whether at work, at home, or in your personal life. Check in daily on your emotional health in September by taking the Practice Stress Management Wellbeing Challenge.

### The Challenge

Complete 1 of the 3 stress management activities and log them for at least 20 days to earn 1000 points and finish the challenge!

Challenge dates: September 9 – October 5, 2024

Registration opens: August 26, 2024

[Click Here to Register](#)

## 8th Annual 5K & Family Fun Day and Obstacle Course

Gather up the family and come out to Amelia Earhart Park for the 8<sup>th</sup> Annual 5K & Family Fun Day and Obstacle Course.

Saturday, November 9, 2024  
6:00 am - 12:00 pm  
Amelia Earhart Park

401 E 65<sup>th</sup> Street  
Hialeah, FL 33013

All levels are welcome to compete in a fun and challenging obstacle course. While you run or walk the 5K race or jump and dive through the obstacle course hurdles, your family can cheer you on.

There's a Kids' Zone for the little ones to enjoy. Stop by the booths of community partners and groups who'll be on hand with giveaways and valuable information. And don't miss the shopping area with treats and fall seasonal merchandise for sale.

[Click Here to Register](#)

[For More Information](#)

## Sizzle Your Waist Challenge

Join the Sizzling Your Waist Challenge and get lean and trim.

To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.

Challenge dates: July 24 - November 30, 2024

[Register Here](#)

[Click Here for More Information](#)

## Wellness Educational Workshops

Stay up to date with relevant health and wellness topics to help you achieve a healthy lifestyle. Join the WellnessWorks team at a monthly in-person workshop.

### September 3, 2024 > Fall in Love with Vegetables

- Stephen P. Clark Center (SPCC): 111 NW 1<sup>st</sup> Street, Miami, FL 33128 | Room 18-4
- Session 1: 11:00 am - 11:45 am
- Session 2: 12:00 pm - 12:45 pm

To sign up and secure your spot, email [Jalissa.McCathern@AvMed.org](mailto:Jalissa.McCathern@AvMed.org) and specify which session you want to attend.

### September 4, 2024 > Diabetes Management

- Corrections Headquarters: 3505 NW 107<sup>th</sup> Avenue, Doral, FL 33178
- Presentation: 11:00 am - 12:00 pm
- Coaching Appointments: 12:30 pm - 3:00 pm (30-minute sessions)

Advance appointments are required. Email [Jalissa.McCathern@AvMed.org](mailto:Jalissa.McCathern@AvMed.org) to secure a time slot or to sign up to attend the presentation.

### September 12, 2024 > Getting Fast a Weight-Loss Plateau

- Miami-Dade Aviation Dept.: 4200 NW 36<sup>th</sup> Street, Miami, FL 33166 | Bldg. 5A-Training Room
- Presentation: 11:00 am - 12:00 pm
- Coaching Appointments: 12:30 pm - 3:00 pm (30-minute sessions)

Advance appointments are required. Email [Danielle.Potter@AvMed.org](mailto:Danielle.Potter@AvMed.org) to secure a time slot or to sign up to attend the presentation.

### September 17, 2024 > Fall in Love with Vegetables

- Dept. of Regulatory & Economic Resources (PIC): 11805 SW 24<sup>th</sup> Street, Miami, FL 33175 | Room 18 J
- Presentation: 10:00 am - 11:00 am
- Coaching Appointments: 11:30 am - 1:00 pm (30-minute sessions)

Advance appointments are required. Email [Jeremie.Etienne@AvMed.org](mailto:Jeremie.Etienne@AvMed.org) to secure a time slot or to sign up to attend the presentation.

### September 19, 2024 > Fall in Love with Vegetables

- Coral Way Garage Transit: 2775 SW 74<sup>th</sup> Avenue, Miami, FL 33155
- 10:00 am - 2:00 pm

### September 24, 2024 > Stress Management Workshop

- Water & Sewer Dept.: 3071 SW 38<sup>th</sup> Avenue, Miami, FL 33146 | Training Room 156a
- Presentation: 12:00 pm - 1:00 pm
- Health Coaching Table: 1:30 pm - 2:00 pm

### September 26, 2024 > Fall in Love with Vegetables

- OTV: 701 NW 1<sup>st</sup> Court, Miami, FL 33136 | First Floor Conference Room/Front Rm.130
- Session 1: 11:00 am - 11:45 am
- Session 2: 1:00 pm - 1:45 pm

To sign up and secure your spot, email [Eva.Fernandez@AvMed.org](mailto:Eva.Fernandez@AvMed.org) and specify which session you want to attend.

## Biometric Screening

Boost your health by attending a WellnessWorks biometric screening. You may be eligible to receive 25 wellness points and \$20 for completing your annual screening.

Employees who are insured by AvMed are eligible for the free screening that includes:

- Blood pressure
- Cholesterol
- Blood sugar
- Body mass index
- Massage

### Upcoming Biometric Screening Events

#### September 4, 2024

- SPCC: 111 NW 1<sup>st</sup> Street, Miami, FL 33128 | First Floor Wellness Center/Group Exercise Room
- 10:00 am - 3:00 pm

[Click to Register](#)

#### September 5, 2024

- Miami-Dade Fire Rescue Headquarters: 9300 NW 41<sup>st</sup> Street, Doral, FL 33178
- 10:00 am - 2:00 pm

[Click to Register](#)

#### September 10, 2024

- Miami-Dade Fire Rescue Headquarters: 9300 NW 41<sup>st</sup> Street, Doral, FL 33178
- 10:00 am - 2:00 pm

[Click to Register](#)

#### September 17, 2024

- Elections Dept.: 2700 NW 87<sup>th</sup> Avenue, Doral, FL 33172
- 10:00 am - 2:00 pm

[Click to Register](#)

#### September 18, 2024

- Seaport Dept.: 1015 N. America Way, Miami, FL 33132
- 10:00 am - 2:00 pm

[Click to Register](#)

#### September 19, 2024

- Aviation Dept.: 4200 NW 36<sup>th</sup> Street, Miami, FL 33166
- 10:00 am - 2:00 pm

[Click to Register](#)

#### September 24, 2024

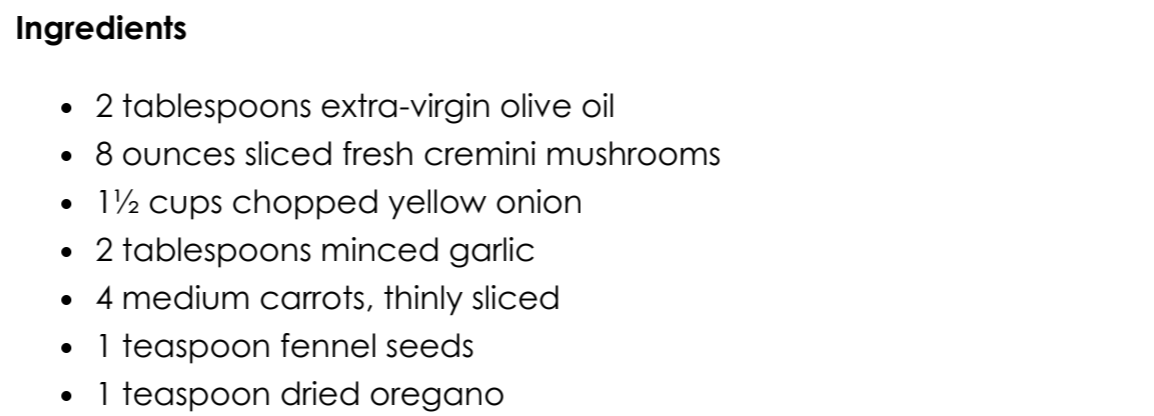
- South Dade Government Center: 10710 SW 211<sup>th</sup> Street, Cutler Bay, FL 33189
- 10:00 am - 2:00 pm

[Click to Register](#)

## Eat Smart: WellnessWorks Coach Nutrition Corner

### Vegetable Barley Soup

- Prep Time: 1 hour
- Cook Time: 1 hour 5 minutes
- Serves: 6



This hearty <https://www.eatingwell.com/recipe/287977/vegetable-barley-soup/> soup combines nutritious mushrooms, barley, and vegetables in a nourishing bowl. Filled with fiber and essential nutrients, it's an ideal anytime meal.

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 8 ounces sliced fresh cremini mushrooms
- 1 1/2 cups chopped yellow onion
- 2 tablespoons minced garlic
- 4 medium carrots, thinly sliced
- 1 teaspoon fennel seeds
- 1 teaspoon dried oregano
- 1 (28 ounce) can no-salt-added fire-roasted diced tomatoes
- 6 cups reduced-sodium vegetable broth
- 1 cup pearl barley
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 2 cups frozen cut green beans
- 1 cup frozen peas
- 1 tablespoon red-wine vinegar
- Chopped fresh flat-leaf parsley and basil for garnish

### Instructions

- Heat oil in a large pot over medium-high heat. Add mushrooms, onion, and garlic. Cook until mushrooms are lightly browned, and onion is translucent, about 7 minutes.
- Stir in carrots, fennel seeds, and oregano. Cook for 1 minute until fragrant.
- Add tomatoes, broth, barley, salt, and pepper. Bring to a boil over high heat.
- Reduce heat to medium and simmer, stirring occasionally, until barley is tender about 40 minutes.
- Stir in green beans and peas. Cook for about 2 minutes until heated through.
- Remove from heat and stir in vinegar. Garnish with parsley and basil, if desired.

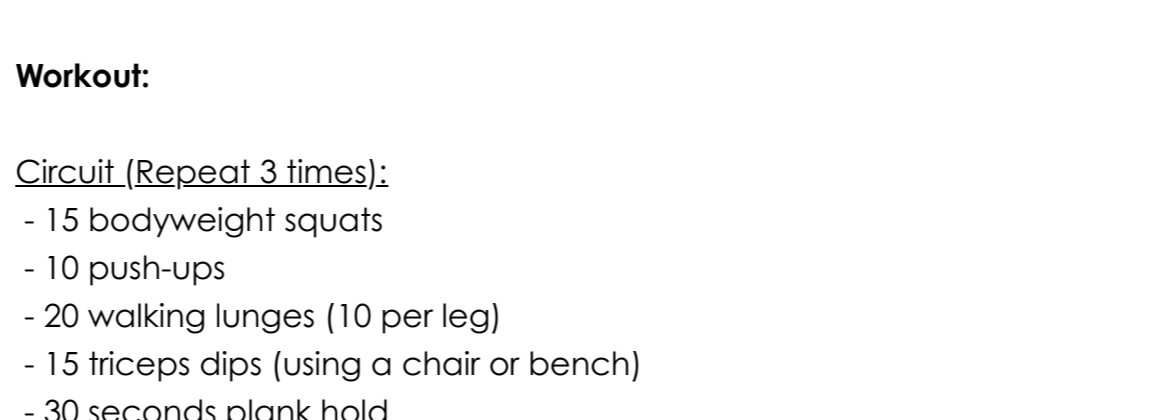
Serving Size: 2 1/4 cup | Calories: 283 | Carbohydrates: 51g | Fiber: 12g | Sugar: 12g | Protein: 8g | Total Fat: 5 | Saturated Fat: 1g

## Welcome to the September Edition of the Corporate Wellness Newsletter

We're welcoming September and National Cholesterol Education Month by raising awareness about the importance of managing cholesterol levels for heart health and keeping you informed and active.

High cholesterol can increase the risk of heart disease and stroke. Here's a simple tip to help you manage your cholesterol levels: incorporate more soluble fiber into your diet.

Eating foods such as oatmeal, beans, lentils and fruits such as apples and citrus fruits can help lower cholesterol levels.



You can also implement workout routines to help keep cholesterol levels in check. Here's a quick 30-45 minute workout, which includes total body and cardio exercises. Remember! Always consult with a healthcare professional before starting any new exercise program.

**Warm-Up:** 5 minutes of light jogging or brisk walking.

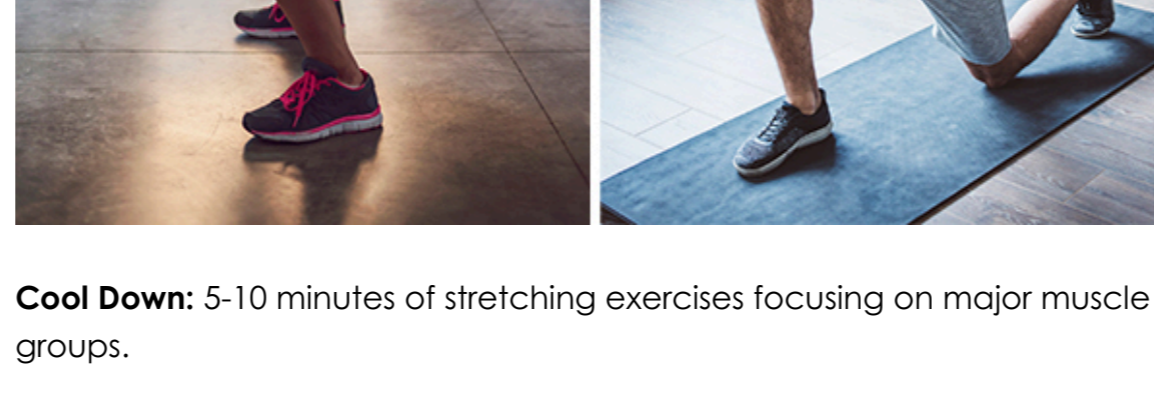
### Workout:

#### Cardio (Repeat 3 times):

- 15 bodyweight squats
- 10 push-ups
- 20 walking lunges (10 per leg)
- 15 triceps dips (using a chair or bench)
- 30 seconds plank hold

#### Core Blast (Repeat 2 times):

- 1 minute of high knees
- 1 minute of jumping jacks
- 1 minute of mountain climbers



**Cool Down:** 5-10 minutes of stretching exercises focusing on major muscle groups.

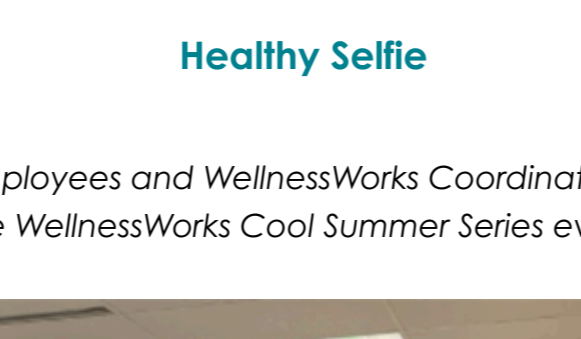
For more information on managing cholesterol levels, visit the Centers for Disease Control and Prevention's page on cholesterol: <https://www.cdc.gov/cholesterol/index.html>.

The American Heart Association also provides valuable resources on heart health and cholesterol. Visit <https://www.heart.org/on/health-topics/cholesterol>.

We hope you find these tips and resources helpful in maintaining a healthy lifestyle this September. Stay tuned for more wellness updates in our next edition!

Best regards,

Miami-Dade Wellness Center



## Healthy Selfie

MDC Seaport employees and WellnessWorks Coordinator Michael Bello at the WellnessWorks Cool Summer Series event.



The Cool Summer Series event focused on heart illness prevention and provided tips to employees to help them explore ways to combine physical fitness and other exercises to keep fit, cool, and hydrated this summer.

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).

## September is Recovery Month and Suicide Awareness Month

September is a month for marking awareness about mental health and promoting hope as we mark Recovery Month alongside Suicide Prevention Awareness Month.

Recovery Month celebrates the gains made by those in recovery from mental illness. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

The Miami-Dade Employee Assistance Program (EAP) is committed to building awareness, promoting resilience, and providing support for those who are struggling, as well as recognizing those who have made gains in their lives and found recovery.

Throughout September we will have panel discussions with experts, advocates, and mental health professionals to discuss and learn more about suicide prevention and celebrate recovery.

### Tip of the month: if you're struggling, it's ok to ask for help.

Many of us struggle with fear that we will be a burden if we reach out for help. If you've ever felt that way, try to give yourself some compassion. How would you feel if someone reached out to you for help? You probably wouldn't make them feel like they're a burden, even if you're not sure how to help. Try to treat yourself like you'd treat a friend.

If you, a family member, or a team member are struggling with feelings or emotions that interfere with daily life, please reach out. Our team at the EAP is here to support you and those you love. To set up an assessment or support session, please call 305-375-3293. If you are struggling with thoughts of suicide, you are not alone. Please reach out to the national suicide prevention line at 988 or call Thriving Minds Mobile Crisis at 1-800-HELP-YOU for immediate support 24/7. To learn more about our EAP resources, events and support please visit: <https://miamidade.gov/support-services>.

For more information, visit the [Miami-Dade Wellness Resource Page](#) or email [WellnessWorks@MiamiDade.gov](mailto:WellnessWorks@MiamiDade.gov).

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