

"I never give up, it's either you just because of the time it will take to accomplish it. The time will pass anyway." – Earl Nightingale

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



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

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

Amelia Earhart Park
401 E 65th Street
Hialeah, FL 33013

Run or walk the 5k race, or jump and dive through the obstacle course hurdles, while your family and friends cheer you on. All levels are welcome to compete.

Everyone is also welcome to visit the:

- Kids' Zone – for the little ones to enjoy
- Community partner booths – offering valuable information and giveaways
- Shopping area – with treats and fall seasonal merchandise for sale

[Click Here to Register](#)

[For More Information](#)

Sizzle Your Waist Challenge

REGISTRATION OPENS
July 8, 2024
To register visit <https://www.healthyroads.com>
Location/Platform
To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Final Challenge measurements must be completed by August 15, 2024. The participant with the greatest loss of inches wins a Mega Swag Bag with WellnessWorks.

CHALLENGE DATES
July 24 – Nov 30, 2024
FINAL ASSESSMENT
January – June 2024
FINAL ASSESSMENT
September – November 2024

Don't get scorched by the South Florida sun. Melt waistline inches instead when you join the Sizzle Your Waist Challenge!

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

[Click to Register](#)

[Click for More Information](#)

Step Up & Thrive Challenge

Registration opens: October 7, 2024 – November 15, 2024
Challenge Dates: January 20, 2025 – November 9, 2025

Form teams and designate a team captain to compete in the 2025 Step Up & Thrive Challenge!

Make sure to register your team for a chance to win a WellnessWorks Mega Swag Bag and the Championship WellnessWorks Belt for a full year!

Registration opens: October 7 – November 9, 2024

Challenge dates: January 20 – November 9, 2025

[Click Here to Register](#)

Wellness Educational Workshops

Enhance your wellness knowledge and learn tips to help you achieve a healthy lifestyle by attending any of these monthly in-person educational workshop hosted at several Miami-Dade County Offices and Department locations.

October 1 > Breast Cancer Awareness Month

- Stephen P. Clark Center | 1111 NW 1st St., 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 jessica.mccuthen@AvMed.org and specify which session you want to attend.

October 2 > Pancreatic Cancer Awareness & Support

- Corrections & Rehabilitation HQ | 3505 NW 10th Ave., 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 jessica.mccuthen@AvMed.org to secure a time slot or to sign up to attend the presentation.

October 3 > Weight Management Tips to Avoid Gaining the Weight You Lost

- Miami-Dade Aviation Dept. | 4200 NW 36th 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 Carolee.Portuncado@AvMed.org to secure a time slot or to sign up to attend the presentation.

October 17 > Breast Cancer Awareness

- Transportation & Public Works | 360 NE 185th St., Miami, FL 33179 | Northeast Garage
- Presentation: 10:00 am - 11:00 am
- Coaching Appointments: 11:30 am - 1:00 pm (30-minute sessions)

Advance appointments are required. Email Jeremie.Elfenne@AvMed.org to secure a time slot or to sign up to attend the presentation.

October 31 > Breast Cancer Awareness Month

- Miami-Dade Police Dept. HQ | 9105 NW 25th St., Miami, FL 33172 | PWB Classroom Miami, FL 33155
- Session 1: 2:00 pm - 3:00 pm
- Health Coaching: 12:00 pm - 2:00 pm

To sign up and secure your spot, email Elsa.Fonseca@AvMed.org and specify which session you want to attend.

Biometric Screening

Get a better understanding of your health by attending a WellnessWorks Biometric Screening event hosted at various Miami-Dade County locations. Check out the schedule below to learn more about each event and to register for an appointment.

Upcoming Biometric Screening Events

October 1, 2024

- Transportation & Public Works – Road, Bridges, and Canals
- 1:00 pm - 5:00 pm

[Click to Register](#)

October 8, 2024

- Miami-Dade Police Dept. – Training Bureau
- 10:00 am - 2:00 pm

[Click to Register](#)

October 16, 2024

- Corrections & Rehabilitation – Maya Building
- 12:00 pm - 4:00 pm

[Click to Register](#)

October 17, 2024

- Transportation & Public Works – Northeast Garage
- 10:00 am - 2:00 pm

[Click to Register](#)

October 24, 2024

- Overtown Transit Village (OTV) North
- 10:00 am - 2:00 pm

[Click to Register](#)

October 29, 2024

- Miami-Dade Police Dept. HQ
- 10:00 am - 2:00 pm

[Click to Register](#)

October 30, 2024

- Regulatory & Economic Resources – Permit & Inspection Center
- 10:00 am - 2:00 pm

[Click to Register](#)

October 31, 2024

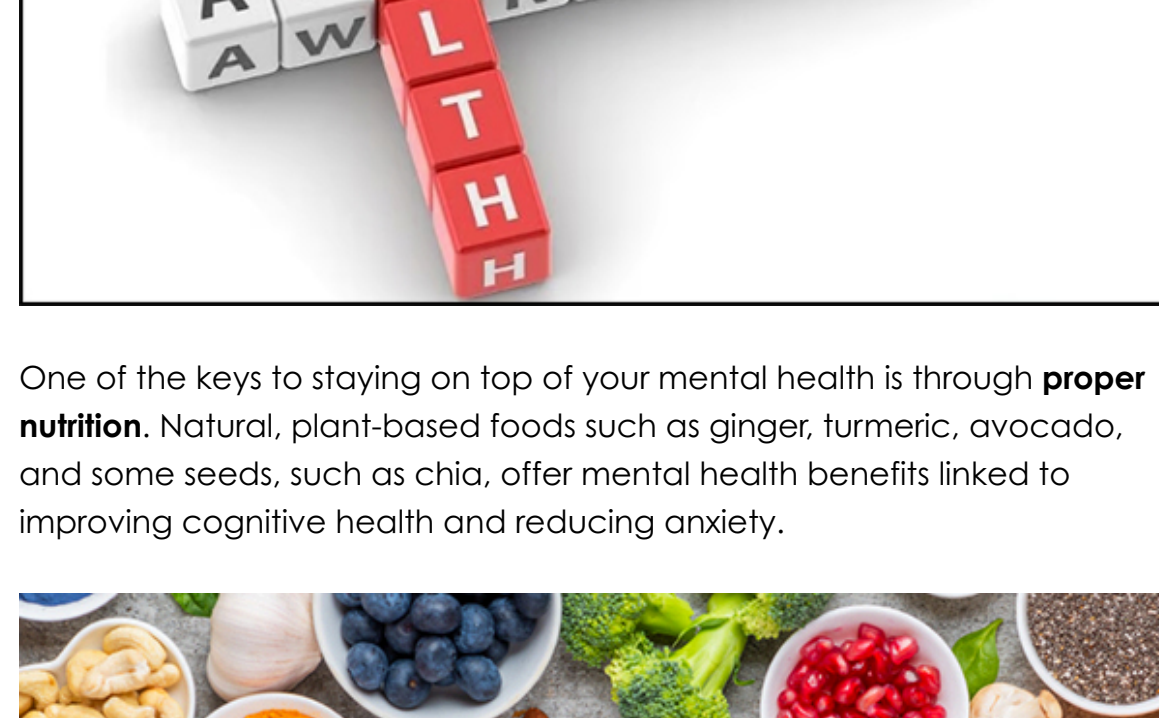
- Solid Waste Management – 38 Operations
- 6:00 am - 8:30 am

[Click to Register](#)

Eat Smart: WellnessWorks Coach Nutrition Corner

Pumpkin Oatmeal Pancakes

- Prep Time: 10 minutes
- Total Time: 20 minutes
- Serves: 3



Source: <https://www.ambitiouskitchen.com/healthy-pumpkin-oatmeal-pancakes>

Embrace fall with pumpkin oatmeal pancakes, made with spices, oats, and a touch of maple syrup. This blender-friendly recipe is the perfect way to enjoy a healthy seasonal favorite.

Ingredients

- ¾ cup pumpkin puree
- 2 large eggs
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- 2 teaspoons vanilla extract
- 1 tablespoon pure maple syrup
- 1½ cups old fashioned rolled oats
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon allspice
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- Olive oil, for cooking

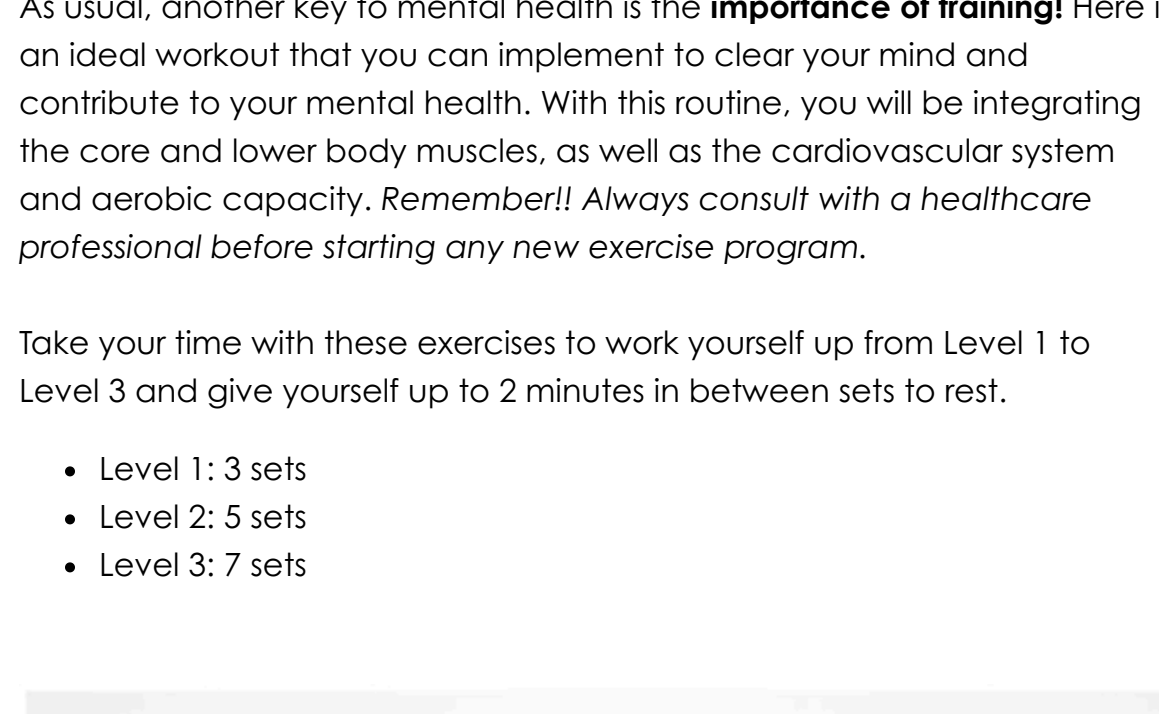
Instructions

1. Add all ingredients to a blender and blend on high for 30 seconds to 1 minute until completely smooth.
2. Lightly coat a griddle with coconut oil, vegan butter, or olive oil. Place the griddle over medium heat.
3. Pour about ½ cup of batter onto the griddle for each pancake. The batter might be thick, so use a spoon to spread it out. Cook the pancakes immediately after blending, as the batter thickens over time.
4. Cook for 2-4 minutes until the pancakes puff up slightly and bubbles form around the edges.
5. Flip the pancakes and cook until the underside is golden brown. If they brown too quickly, lower the heat to medium-low. Wipe the skillet clean if it starts smoking and reapply oil before cooking more pancakes.
6. Makes 6 pancakes, serving 3 people (2 pancakes each).

Serving Size: 2 pancakes | Calories: 258 | Carbohydrates: 39.6g | Fiber: 6.3g | Sugar: 8.8g |

Welcome to the October edition of our Corporate Wellness Newsletter!

October is World Mental Health Month, which provides us another opportunity to focus on important information and daily care advice to keep our mental health in top form.



One of the keys to staying on top of your mental health is through **proper nutrition**. Natural, plant-based foods such as ginger, turmeric, avocado, and some seeds, such as chia, offer mental health benefits linked to improving cognitive health and reducing anxiety.



As usual, another key to mental health is the **importance of training!** Here is an ideal workout that you can implement to clear your mind and contribute to your mental health. With this routine, you will be integrating the core and lower body muscles, as well as the cardiovascular system and aerobic capacity. Remember! Always consult with a healthcare professional before starting any new exercise program.

Take your time with these exercises to work yourself up from Level 1 to Level 3 and give yourself up to 2 minutes in between sets to rest.

- Level 1: 3 sets
- Level 2: 5 sets
- Level 3: 7 sets



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

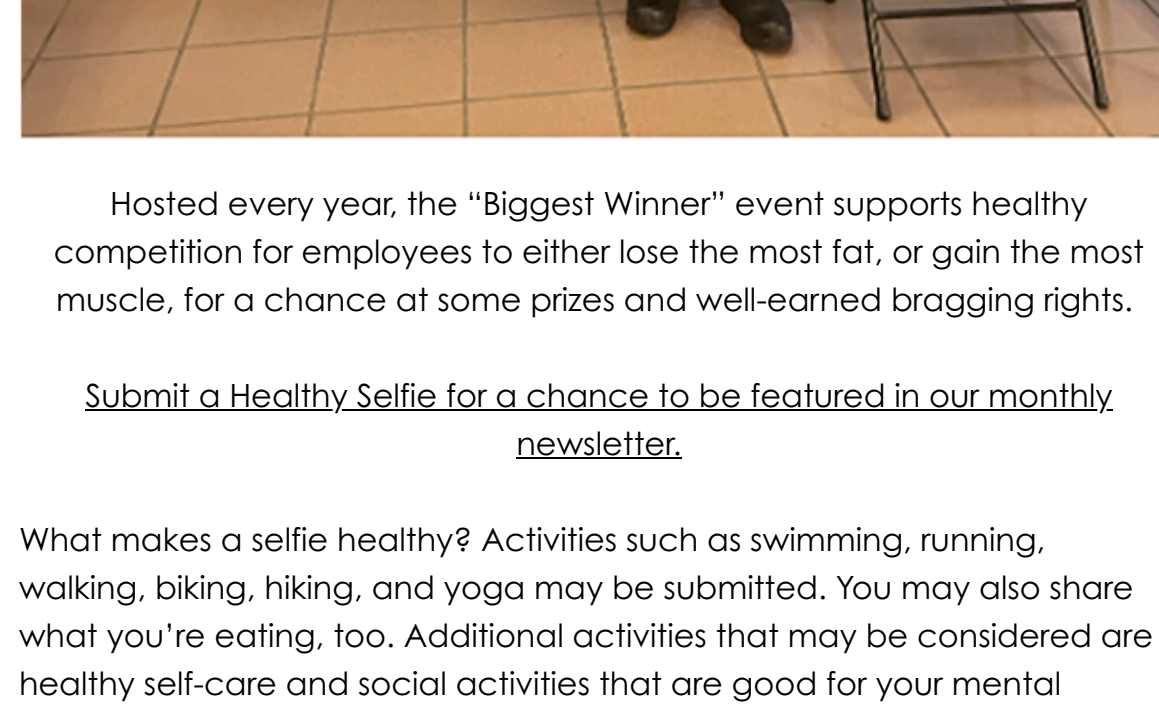
Best regards,

Miami-Dade Wellness Center



Healthy Selfie

Congratulations to **Bernard Wisty**, WellnessWorks' 2024 Biggest Winner!



Hosted every year, the "Biggest Winner" event supports healthy competition for employees to either lose the most fat, or gain the most muscle, for a chance at some prizes and well-earned bragging rights.

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.

October is National Substance Abuse Prevention Month

October was first declared as **National Substance Abuse Prevention Month** in 2011. Since then, this month has been a time to highlight the vital role of substance abuse prevention on individual and community health, and to help those who have lost their lives to substance abuse; and to identifying risk factors and learn how to help those who are struggling with substance abuse, as well as assisting the children, parents, family, and friends supporting them.

Studies show that the earlier an individual starts smoking, drinking, or using other drugs, the greater the likelihood of developing an addiction. Nine out of 10 people who abuse or are addicted to nicotine, alcohol, or other drugs began using these substances before they were 18 years old. People who begin using addictive substances before age 15 are nearly seven (7) times more likely to develop a substance abuse problem than those who delay first use until age 21 or older. With every year that substance use is delayed during the period of adolescent brain development, the risk of addiction and substance abuse decreases.

Wellness Tip of the month: Treat yourself with the same love you give others.

Be kind to yourself by being mindful of your internal dialogue. For most of us, it's easier to be kind to others – even strangers – than it is to be kind to ourselves. We hold ourselves to mercilessly high standards and feel undeserving of a kind word or sometimes even basic self-care. Try treating yourself like a valued friend. Notice when you're being cruel or withholding comfort from yourself and instead give yourself what you'd give a friend – such as validation, encouragement, or a gift. What we say to ourselves sets our day, our week, and our life.

If you, a family member, or a team member are struggling with feelings or emotions that interfere with engaging in daily life, please feel reach out to our team with the Miami-Dade Employee Assistance Program (EAP). The EAP provides virtual and onsite assessments for all employees who need help. To set up an assessment with an EAP counselor, please call **305-375-3293** or email jessica.hughes-fillette@MiamiDade.gov.

The EAP hours of operation are **Monday-Friday from 8:00 am to 5:00 pm**. To learn more about EAP resources, events, and support, visit: www.miamidade.gov/subpoart-services.