

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, December 1, 2011

| TOPIC | DISCUSSION | ACTION NEEDED |
|---------------------------|--|---------------|
| Members Present | <ol style="list-style-type: none"> 1. Gabrielle Solomon, Health Foundation of South Florida, <i>Vice-Chair</i> 2. Kary Suarez, Office of Community Health & Planning, MDCHD, <i>Liaison</i> 3. Ahura Perez, Being In Touch 4. Ian Hoare, Utopian Consulting 5. Jessica Weinger, FIU Intern 6. Jimena Tovar, Department of Children and Families 7. Kerri-Anne Parkes, MDCHD, Office of Community Health and Planning 8. Kirstie Settas-Jonse, Seitlin Insurance and Advisory Services 9. Laura Denoux, American Heart Association 10. Leah Holzwarth, Baptist Health South Florida 11. Leishla Diaz, Being In Touch 12. Marlene Rodriguez, Florida Heart Research Institute 13. Mellissa Frantz, RRG 14. Monica Hoo, Miami-Dade County 15. Monique Blake, Being In Touch 16. Shawn Ramirez, Miami-Dade County Parks and Recreation 17. Suzanne Johnson, MDCHD, Office of Community Health and Planning 18. Tori Gabriel, Florida Heart Research Institute 19. Katiana Diaz, YWCA (on the phone) | |
| Welcome and Introductions | The meeting was brought to order by Gabrielle Solomon at 9:30 AM. | |
| Approval of Minutes | <p>The November minutes were reviewed by the committee.</p> <p>Suzanne Johnson made a motion to approve the minutes. Mellissa Frantz seconded the motion.</p> | |

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| <p>Monthly Meeting Speakers</p> | <p>The guest speaker was Monique Blake an internationally trusted Health and Wellness Coach. Over the last fourteen years, she has been whole-heartedly committed to helping her clients realize their wellbeing. Her philosophy focuses on the rediscovery and full expression of radiant health for each and every life she touches. Monique served as program coordinator at Keiser Career College for the past eight years. She is lead faculty and curriculum developer for the Massage Therapy and Spa Management programs. She is a massage therapy textbook reviewer and ancillary writer for many major publishers.</p> | |
| <p>CPPW Monthly / MDCHD WW Team/ Updates</p> | <p>Kerri-Anne Parkes provided committee members with the list of technical assistances the Worksite Wellness team has completed which included Coventry Health, United States Department of Homeland Security, City of Miami, and Citrus Grove Elementary for the month of November. She provided also committee members with the satisfaction results for November's Worksite Wellness Forum.</p> | <p>Quarter 1 2012: Forum Logistics will be made available at January 2012's committee meeting.</p> |
| <p>Worksite Wellness Awards 2012</p> | <p>The event flyer, brochure, and nomination forms were all reviewed and approved by the committee members. The event will be presented by Seitlin with the co-lead of Florida Heart Research Institute. Event Details: 2012 South Florida Worksite Wellness Forum and Awards will be held on Friday, April 20, 2012 from 8-2. 3 HR or CHES credits are available. The Keynote speaker is Michael O'Donnell, PhD Founder and Editor of The American Journal of Health Promotion. The host will be CBS-4 Anchorwoman Shannon Hori. Nomination Forms are due March 16, 2012 by 5pm.</p> | |
| <p>Announcements</p> | <p>Laura Denoux reminded committee members to consider applying for the American Heart Association's Fit-Friendly Award as the deadline is January 31, 2012.</p> | |
| <p>Next Meeting</p> | <p>January 5, 2012 at 9:30 AM at the Beacon Center.</p> | |
| <p>Adjournment</p> | <p>Gabrielle Solomon adjourned the meeting at 11:30am.</p> | |