

CONSORTIUM FOR A HEALTHIER MIAMI-DADE
 Worksite Wellness Committee Meeting
 Thursday, January 29, 2026
 9:30 a.m. – 11:00 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (9)	<p style="text-align: center;">Virtual Via the Microsoft Teams Platform</p> <ol style="list-style-type: none"> 1. Chair: William Sanchez, City of Hialeah 2. Vicki Zou, Florida Department of Health in Miami-Dade County (Committee Liaison) 3. Islamiyat Adebisi, Florida Department of Health in Miami-Dade County 4. Lina Menendez, Epilepsy Alliance Florida 5. Belinda Gordon-Battle, Riviera Prep 6. Natouchka Murray, Florida Department of Health in Miami-Dade County 7. Lymari Rivera, Mount Sinai Eldercare PACE 8. Sabine Dessources, Dessources Therapeutic Touch Inc 9. Evelyn Capdevila, Quality Physical Therapy 	
Welcome and Introductions	The Worksite Wellness Committee of the Consortium for a Healthier Miami-Dade meeting was brought to order at 9:36 a.m. by Vicki Zou.	
Approval of Minutes	There was a motion to approve the November 2025 Worksite Wellness meeting minutes by Lymari Rivera and the motion was seconded by Belinda Gordon-Battle.	
Executive Board Update	<p>The Executive Board updates were provided by William Sanchez.</p> <ul style="list-style-type: none"> • The Executive Board last met in-person at the Health Council of South Florida on Monday, December 8, 2025. January’s Board meeting was cancelled. • During the December meeting, they hosted their annual holiday potluck with a White Elephant gift exchange. • The Board over the last couple of months has been brainstorming and discussing ideas for the 2025-2030 Consortium Strategic Plan and Executive Board work plan. They have reviewed accomplishments for Executive Board’s 2019-2025 work plan and some of the committees Menti feedback last time which included Children Issues, Elder Issues, and Tobacco Free Workgroup. • During the December meeting, the Board worked to brainstorm and develop an activity and/or a policy, system, environmental (PSE) change initiative for each of the 2025-2030 priority areas which include, Access to Care, Chronic Disease, Behavioral & Mental Health, Maternal Child Health, and Healthy Weight/Physical Activity/Nutrition. • Additionally, the Board in February will review the Consortium Bylaws and process for grant funding and letter of support requests. 	
Previous Action Items	<ul style="list-style-type: none"> • William Sanchez shared with the committee about the Worksite Wellness Committee Vice Chair elections. We reached out to candidates and received a confirmation from Lymari Rivera. During the meeting, the committee confirmed her as Vice Chair. 	

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	<ul style="list-style-type: none"> The Committee discussed changes to the Worksite Wellness Committee meeting schedule for 2026. The July 2026 meeting was moved from Thursday, July 2, 2026 to Thursday, July 16, 2026. 	
Member Spotlight	Vicki Zou introduced the Member Spotlight section for future Worksite Wellness Committee meetings to highlight our committee’s partners. These will be brief, informal presentations for the committee member to share about their organization’s program initiatives or services. Committee members were able to sign up for Member Spotlight spots for the year. The September and November spots are still available for sign-up.	
New Business	Vicki Zou facilitated the Worksite Wellness 2025-2030 Work Plan Development. Committee members reviewed and discussed recommended edits for the Work Plan draft’s committee activities, measures, and potential collaborative partners.	
Partner Updates	<ul style="list-style-type: none"> Natouchka Murray shared about the Florida Department of Health’s Passport to Health program. The purpose of the program is to lower chronic disease and obesity rates within Miami-Dade County by providing health screenings to employees at various locations in the community. The screenings include checking individuals’ blood pressure, glucose and cholesterol, body mass index, body fat analysis, and carbon monoxide levels for smokers. Individuals receive free health promotional materials and health information based on their screening results. For more information about Passport to Health, please reach out to Natouchka Murray at Natouchka.Murray@flhealth.gov. Natouchka Murray also shared about the Florida Department of Health’s <i>Journey to Wellness Rx</i> non-pharmaceutical prescription that encourages physical activity and healthy living. It is designed to be used with the general public and is available in 3 languages: English, Spanish, and Haitian Creole. To order the free prescription pads, please fill out the request form here: www.healthymiamidade.org/forms/journey-to-wellness-rx-green-prescription-request-form. For more information about <i>Journey to Wellness Rx</i>, please reach out to Natouchka Murray at Natouchka.Murray@flhealth.gov. 	
Adjournment	The meeting was adjourned at 11:00 a.m. The next Worksite Wellness Committee virtual meeting is scheduled for Thursday, March 5, 2026, from 9:30 a.m. to 11:00 a.m. via Microsoft Teams.	