

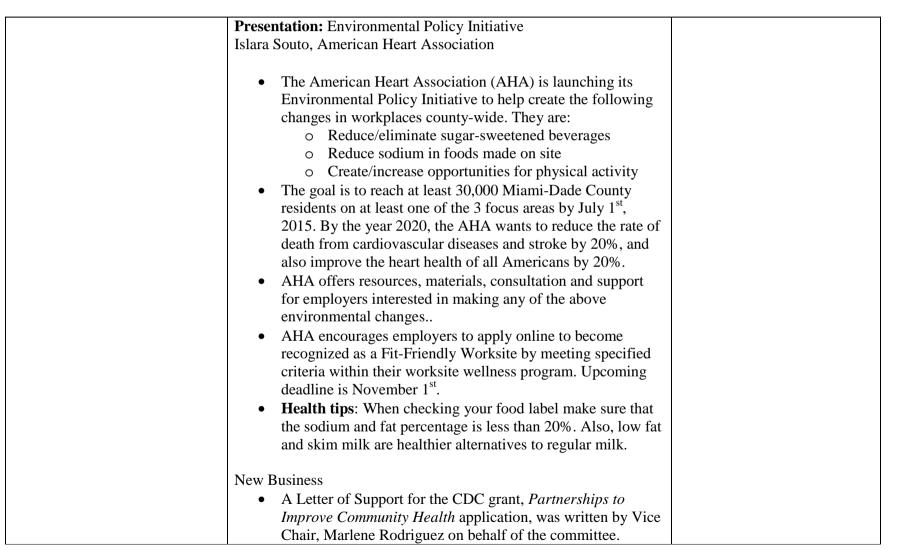
Minutes



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	1. Islamiyat Nancy Adebisi, Florida Department of Health in	
	Miami-Dade County	
	2. Dr. Victor Estevez, Pinecrest Chiropractic	
	3. Mayra Garcia, Florida Department of Health in Miami-Dade	
	County	
	4. Jeannie Moise Cidel, Miami Dade College	
	5. Valerie Newman, Relax The Back	
	6. Vivian Omondi, Florida Department of Health in Miami-	
	Dade County (via teleconference)	
	7. Chair: Shawn Ramirez, Miami-Dade Parks, Recreation and	
	Open Spaces	
	8. <u>Vice Chair</u> : Marlene Rodriguez, Bayview Asset	
	Management	
	9. Joe Saceric, American Diabetes Association	
	10. Islara Souto, American Heart Association	
Welcome and Introductions	Meeting was called to order by Shawn Ramirez, Committee Chair,	
	at 9:42am.	
	Committee went around and introduced themselves.	
Approval of the Minutes for	Minutes were reviewed by committee members.	
May		
	A motion was made by Valerie Newman to approve the minutes. It	
	was moved and seconded by Dr. Estevez.	
Executive Board and Committee	Old Business	
Updates	• Worksite Wellness Health Fair/Forum- 9 to 5 Fit: Wellness	
	in the Workplace on June 4, 2014	
	• Comments about event: Great event, but the	
	attendance was okay. Had great speakers and vendor	
	turnout.	



Minutes





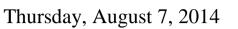
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 ***Stretch Break *** Upcoming Worksite Wellness Forum will be held on Thursday, September 4th, 2014 at Beacon. Topics that will be covered are: Reducing Sugar-Sweetened Beverages in the Worksite Cost Savings of a Tobacco-Free Workplace Save the date for the 2015 Worksite Wellness Awards that will be held on Friday, May 1st, 2015. 	
	Action Items: If anyone, is interested in joining the subcommittee to help plan and attain sponsorships for the 2015 Worksite Wellness Awards, please email one of the liaisons.



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Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes	 Shawn Ramirez, Chair, competed in the 2014 Reebok Cross Fit Games Open winning first place in the worldwide Men's 40-44 Masters Division. Dr. Flores gave two worksite wellness presentations at Bayview Asset Management's at Coral Gables and Pompano Beach locations. Valerie Newman announced that she is now cancer free! She credits her improved health and recovery on juicing with Turmeric, adding black pepper to aid absorption and drinking a tea made from dried Guanabana leaves and Guanabana extract. She also cut out all sugar, white flour and white rice from her diet. Mrs. Weller, Ms. Morris, Mayra Garcia, and Islamiyat Adebisi recently attended National Wellness Institute training in May and have all received the Certified Worksite Wellness Specialist designations.
Member Announcements/Upcoming Events	 American Heart Association Advocacy Workshop- Aug. 27th Two sessions will be held: 10:00—11:30 am at the Region's Bank, 15th Floor Dining Room, 2800 Ponce De Leon Blvd, Coral Gables 33134 and 4:00—5:30 pm United Way of Miami-Dade, The Ansin Building, 3250 Southwest Third Avenue, Miami 33129. American Diabetes Walk will be held on September 27, 2014 at Marlins Ballpark. The Team Captain meeting will be held Wednesday, August 13, 2014 at the bull run zone at the Marlins Park. American Diabetes Program has a free worksite program for employers entitled "Stop Diabetes @ Work Program". Contact the association for more information.



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Next Meeting	The next meeting will be our Worksite Wellness Forum from 9:30 am to 11:30am at the Florida Department of Health in Miami-Dade County, Beacon Center, 8323 NW 12th St., Suite 212, Miami, FL 33126. Topics to be presented on will be about reducing sugar- sweetened beverages in the worksite (by Islara Souto, AHA) and cost-savings of a tobacco-free workplace (by Islamiyat Nancy Adebisi, FL Dept. of Health in Miami-Dade County).
Adjournment	Shawn Ramirez, Chair, adjourned the meeting at 11:48 am.