



Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, June 4, 2020
 9:30 a.m. to 10:45 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present (20)	<ol style="list-style-type: none"> 1. Chair: Nathan Burandt – Florida International University 2. Vice Chair: Desiree Adderley- Care ATC 3. Nancy Adebisi – Florida Department of Health in Miami-Dade 4. Committee Liaison: Bryanna McDaniel – Florida Department of Health in Miami-Dade 5. Willie Sanchez – Town of Miami Lakes 6. Alex Rivas – Body and Brain Pinecrest 7. Nikki Chuck – Florida Department of Health in Miami-Dade 8. Mayra Salamanca - Medical Center 9. Wayne Silvestro – Miami Dade Parks and Recreation 10. Elizabeth Golshteyn – Town of Miami Lakes 11. Michael Torres – SHIFT Performance Inc. 12. Raquel Alderman – Baptist Health South Florida 13. Witson Faustin – Florida Department of Health in Miami-Dade 14. Fayola Delica – Haitian American Professionals Coalition 15. Amber Graham – Miami Dade County Public Schools 16. Meghan Irving – Aetna 17. Charnelle Bacchus - Aetna 18. Angel Bosch – Dade County Medical Association 19. Yvonne Samper – ML Automotive Group 20. Robert Hill – Community Member 	
Welcome and Introductions	The meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:35 a.m. Committee members and guests introduced themselves.	

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Minutes	Minutes for the March 2020 committee meeting were reviewed. Nathan Burandt moved to approve. Desiree Adderley seconded the motion.	
Performance Measures	<p>Social Media Campaigns</p> <p>Bryanna discussed the sample posts and requested input for hashtags for tracking.</p> <ul style="list-style-type: none"> - Handwashing - Know Your Health Numbers - Park and Healthy Lifestyles - Gun Safety <p>Text and images for each campaign were discussed thoroughly by committee members.</p> <p>Worksite Wellness Toolkit</p> <ul style="list-style-type: none"> - The final toolkit was presented to committee members. Feedback was requested to see if any changes need to be made before finalized. 	<p>Bryanna will update social media posts to reflect inclusivity and member requests</p> <p>Bryanna will send out the toolkit to committee members for feedback.</p>
Topics Selected By Chair	<p>Mindfulness Workshop Presenter: Alex Rivas</p> <ul style="list-style-type: none"> • Alex provided a brief overview of mindfulness and the methods to reduce stress at home. 	
Partner Updates	<ul style="list-style-type: none"> • Bryanna McDaniel shared that the American Heart Association is hosting a webinar on their free workplace health solutions. • Nathan Burandt – will be participating in a mindfulness stress reduction series and noted that it is open to providers/educators by Mindful Kids Miami. Sessions are in the evening. 	<p>Bryanna will send a follow-up e-mail to committee members with partner updates and links.</p>
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, July 9, 2020 from 9:30 am - 10:45 via GoToMeeting.	
Adjournment	Committee Chair Nathan Burandt adjourned the meeting at 10:46 am and Nikki Chuck seconded that motion.	