

**Consortium for a Healthier Miami-Dade**  
**Worksite Wellness Committee**  
**Thursday, December 5, 2013**

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> <li>1. Amanda Schwartz, Independent Living system</li> <li>2. April Weatherly, Baptist Health South Florida</li> <li>3. Arleen Foreman, Kimberly Clark Professional</li> <li>4. Asit Sarkar, Florida Health in Miami Dade County</li> <li>5. Brenna Sloane, Miami Beach Coalition</li> <li>6. Dianna Valenzuela, Healthways</li> <li>7. Fabio Quintero, FabimarHarmony</li> <li>8. Genessys Villalba, Barry University</li> <li>9. Georgette Baeza, Royal Caribbean</li> <li>10. Islamiyat Nancy Adebisi, Florida Health in Miami Dade County</li> <li>11. Jeffrey Hurst, DCF/ Child Care Regulation</li> <li>12. Jeffrey Lagomacini, City of Hialeah</li> <li>13. Kim Tillman, Royal Caribbean Cruises Ltd.</li> <li>14. Kristen Swinehart, Medifast Weight Control Centers</li> <li>15. Lilliana Amsdill, United Way of Miami Dade</li> <li>16. Lorean Mapp, Barry University</li> <li>17. Dr. M. Enrique Flores, Flores Chiropractic Group</li> <li>18. Marlene Rodriguez, Vice Chair, Bayview Asset Management</li> <li>19. Matthew Downey, Barry University</li> <li>20. Mayra Garcia, Florida Health in Miami Dade County</li> <li>21. Melissa Perez, Platinum Wellness Solutions</li> <li>22. Monica Garcia, Florida Health in Miami Dade County-WIC</li> <li>23. Monica Hernandez, Florida Health in Miami Dade County-WIC</li> <li>24. Sammy Perez, Platinum Wellness</li> <li>25. Sandra L. Jackson, Miami-Dade County, Miami-Dade Aviation Department</li> <li>26. Sandra J. Johnson, Pasco County Health Department Dietetic Internship Program</li> </ol>	

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	<p>27. Shawn Ramirez, Chair, Miami-Dade County Parks Recreation and Open Spaces</p> <p>28. Suzanne Johnson, Florida Health in Miami Dade County</p> <p>29. Sybill Holly-Charles, YWCA of Greater Miami Dade</p>	
<p>Welcome, Introductions and Wins</p>	<p>The meeting was brought to order by Shawn Ramirez at 9:30 am. The committee introduced themselves and shared their wins for the past month:</p> <ul style="list-style-type: none"> <li>● Suzanne Johnson welcomed the new Florida Health in Miami Dade County WIC Interns Monica and Sandra.</li> <li>● Georgette Baeza announced that Royal Caribbean completed their walking programs.</li> <li>● Shawn Ramirez announced that a new Fitness Zone was created at North Trail Park. A launch event will be held December 10, 2013 from 6-7pm. Other fitness zones across the county can be found on the Miami Dade county website.</li> </ul>	<p><a href="http://www.miamidade.gov/parks/fitness-zone.asp">http://www.miamidade.gov/parks/fitness-zone.asp</a></p>
<p>Forum Presentations</p>	<p>The first community presentation on Planning Your 2014 Wellness Program Goals was delivered by Marlene Rodriguez of Bayview Asset Management. In her presentation, she discussed best practices used to plan wellness program goals. Committee members and guests learned how to assess their worksite population, environment, and resources as well as how to best plan their wellness program specifically for their worksite.</p> <p>The second community presentation about “‘Weighing-In’ on Wellness Programming” was delivered by Ms. Georgette Baeza of Royal Caribbean. The audience was given an overview of how to create and implement an evidence-based weight loss challenge. Further expanding on the previous presentation, Ms. Baeza showed how she adapted the weight loss challenge at two different worksites.</p>	

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Announcements	<ol style="list-style-type: none"> <li>1. Evaluations were completed by audience.</li> <li>2. Healthy snacks were provided to attendees.</li> </ol>	
Next Meeting	<p>The next meeting will be held Thursday, January 9, 2013 from 9:30 a.m. to 11:30 a.m. at Beacon Center, 8323 NW 12<sup>th</sup> St., Suite 212, Miami, FL 33126.</p> <p>Everyone have a Happy Holidays!</p>	
Adjournment	Marlene Rodriguez, Vice Chair, adjourned the forum at 11:36 am.	