

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade County 2. Dr. M. Enrique Flores, Flores Chiropractic Group 3. Mayra Garcia, Florida Department of Health in Miami-Dade County 4. Peter Hawes Icaza, Aro Rugby 5. Suzanne Johnson, Florida Department of Health in Miami-Dade County 6. Jeannie Moise Cidel, Miami Dade College 7. Valerie Newman, Relax The Back 8. Fabio Quintero, FabiMar Harmony 9. <u>Chair</u>: Shawn Ramirez, Miami-Dade Parks, Recreation and Open Spaces 10. <u>Vice Chair</u>: Marlene Rodriguez, Bayview Asset Management 	
Welcome and Introductions	<p>Meeting was called to order by Marlene Rodriguez, Committee Vice-Chair, at 9:49am.</p> <p>Committee went around and introduced themselves.</p>	
Executive Board and Committee Updates	<p>Old Business</p> <ul style="list-style-type: none"> • Received all positive remarks from the Forum surveys completed. Participants enjoyed the presentations and food from Sergio's <i>La Flaca</i> menu. • Nancy Maidique, Chair of the Tobacco-Free Workgroup Committee sent an email about Bill #169 on electronic cigarettes. Marlene will forward it out to the committee. • Mercedes-Benz Corporate Run 	<p><u>Action Item:</u> Email about Bill #169 will be forwarded out by Marlene.</p>

	<ul style="list-style-type: none"> ○ The committee was not able to get a table for free as the Consortium. ○ Shawn Ramirez offered committee members the opportunity to come with the County to the event. This year the County is participating as one team. ○ Suggestion was made to get the list of companies involved with the event to advertise the committee and Consortium to. ● Possibility of Consortium / Worksite Wellness Committee promotional piece (article or and ad) in 305fit Wellness Magazine or 305biz Business Magazine to recruit community partners to join as members of committee(s). <p>New Business</p> <ul style="list-style-type: none"> ● Worksite Wellness Forum <ul style="list-style-type: none"> ○ Forum will be held on June 5, 2014* from 9 am-12 pm. Will make into a Worksite Wellness Health Fair with Worksite Wellness Vendors tabling at the event, food, door prizes and presentations. ○ Need to use stipend for forum in June. Few ways to use the stipend: venue rental fee, food, door prizes, etc. ○ Suggested location for the forum is the West Dade Library on Coral Way. Other potential locations include: the South Miami Hospital and the Florida Blue Cross Blue Shield Office in Doral. ○ Possible topics: <ul style="list-style-type: none"> ▪ Ergonomics in the workplace-presentations by Valerie Newman and Dr. Flores 	<p><u>Action Item:</u> Marlene will secure list of companies involved in the M-B Corporate Run.</p> <p><u>Action Item:</u> Shawn suggested contacting Editors-in-Chief & Publishers Ana Chammas & Jean Milán</p> <p>*Note: Forum date was later changed to Wed. June 4th, 2014 due to venue availability at FL BlueCross BlueShield (Doral).</p> <p><u>Action Items:</u> -Peter Hawes Icaza will contact library to check on availability and how to reserve the space. -Valerie Newman and Dr. Flores will collaborate on their presentation.</p>
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	<ul style="list-style-type: none"> ▪ Brown bag lunch-presentation by Amber from TheNakedBite.com ▪ Importance of Biometrics collection in the workplace-presentation by UHealthAware. ○ <u>Title for the forum</u>: 9 to 5 Fit: Wellness in the Workplace ○ Suggested vendor/food sponsor: The Juice Spot ○ Suggestion to attract a crowd was to invite a local celebrity to open the event i.e. Heat player, former Heat player, etc. ○ <u>Proposed schedule for event</u>: 9:00-9:45am Fair (vendors tabling), 9:50-10:50 first presentation on ergonomics, 10:50-11:00 Break, and 11:00-11:45 final presentation on biometrics. Leave at noon. 	<p><u>Action Items:</u></p> <p>–Jeannie M. Cidel will contact UHealthAware, Program Dir. Malinda Clark, RN.</p> <p>-Shawn will contact the Juice Spot to see if available to participate in event.</p> <p>-Shawn will arrange for a guest speaker to open the event.</p>
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> • Marlene Rodriguez, Vice Chair, recently received her MBA from Florida International University. • Marlene Rodriguez has also been able to institute new changes at Bayview Asset Management in the short six months she has been with the company and in creating its Worksite Wellness Program. Company now has its own corporate basketball team, Sweat for Beginners program with a local gym, and Couch to 5K program for its employees. • Shawn Ramirez, Chair, spoke of the Enhance Fitness classes for Active Older Adults offered at eleven Miami-Dade County Parks for which he is a “Master Trainer.” Program is offered at no cost to participants. • Shawn Ramirez signed with the National Pro Fitness League 	

	<p>New York Rhinos team-games will be aired on television.</p> <ul style="list-style-type: none"> • Jeannie Moise stated that MDC Employee Health Fairs were a success at the Kendall and InterAmerican campuses. She is still looking for vendors for the Homestead Employee Fair on April 9, 2014. • Dr. Flores over the course of the last few months has presented in the workplaces of several committee members. • Peter Hawes Icaza has made great strides over the course of the last couple of months with making contacts to introduce his Rugby program into the South Florida area. 	
Member Announcements/Upcoming Events	<ul style="list-style-type: none"> • Consortium Annual Event will be held on Friday, April 25, 2014 from 8-12 pm. Location is to be announced. Make sure to RSVP for the event. • 2014 Mercedes-Benz Corporate Run will be held on April 24th, 2014 at 6:45pm. Registration is closed. 	
Next Meeting	The next meeting will be held Thursday, May 1, 2014 from 9:30 am to 11:30 am at Beacon Center, 8323 NW 12th St., Suite 212, Miami, FL 33126.	
Adjournment	Marlene Rodriguez, Vice Chair, adjourned the meeting at 11:28 am.	