

CONSORTIUM FOR A HEALTHIER MIAMI-DADE
Worksite Wellness Committee Meeting
Thursday, September 4, 2025
9:30 a.m. – 11:00 a.m.

TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (11)	Virtual Via the Microsoft Teams Platform 1. Chair: William Sanchez, City of Hialeah 2. Vicki Zou, Florida Department of Health in Miami-Dade County (Committee Liaison) 3. Jair Espinoza, City of Miami 4. Cindy Perez, Florida International University 5. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade County 6. Lilia Bandrich, United Healthcare 7. Fabimaelsie Jean, Deedco Gardens 8. Kate Edelson, NAMI Miami-Dade 9. Natouchka Murray, Florida Department of Health in Miami-Dade County 10. Candice Schottenloher, Florida Department of Health in Miami-Dade County 11. Shara Johnson, NAMI Miami-Dade	
Welcome and Introductions	The Worksite Wellness Committee of the Consortium for a Healthier Miami-Dade meeting was brought to order at 9:35 a.m. by Vicki Zou.	
Approval of Minutes	There was a motion to approve the July 2025 Worksite Wellness meeting minutes by Candice Schottenloher and the motion was seconded by Cindy Perez.	
Executive Board Update	The Executive Board updates were provided by William Sanchez. • The Executive Board met virtually on August 11, 2025 and will meet next week in-person at the Health Council on Monday, September 8, 2025. • During the August meeting, the Board had the Healthcare for Floridians: State and Federal Updates presentation by Melanie Williams, Policy Director of Florida Health Justice Project The other presentation was Why Mental Health Matters, Thriving at Work presented by Susan Holtzman, President and CEO of NAMI Miami-Dade County. • Save the Date and register for the 22nd Annual Consortium Event & Worksite Wellness Awards will be on Friday, September 19th, 2025, from 9 a.m. to 3 p.m. at Milander Center for Arts and Entertainment in Hialeah. Registration is required and is now open. • For sponsorship information, please contact Leyanee Perez (Leyanee.Perez@americanhealthyweight.org) and Kate Edelson (Kate@namimiami.org). The Event Planning Taskforce has been meeting since April to plan the event. If you are interested in being on the Taskforce, let Vicki know so you can be added to the listserv.	
Previous Action Items	The 2025 Florida Worksite Wellness Awards and Consortium Annual Event Taskforce is open for sign-ups. If any committee members are interested in joining, please reach out to the committee liaison.	

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Performance Measures in Need of Improvement	- William Sanchez shared with the Committee about starting to work on the new Community Health Improvement Plan (CHIP) Work Plan in November 2025 and identifying and recruiting key worksite wellness partners. - Candice Schottenloher shared some details about the results of the applications for the Worksite Wellness Awards Call for Nominations, including which organization completed or did not complete their application. Committee members shared feedback for improvement of future FWWA nominee applications, such as clarifying that it is a self-nomination, simplifying the survey/application process, providing more time for the applicants to compile their documentation and complete the application, and providing more assistance/guidance for filling out the application.	
Recognition of Improved Performance	William Sanchez and Candice Schottenloher recognized the five nominee applications that were completed and submitted from BankUnited N.A., City of Doral, City of Miami, City of North Miami, and Jackson Health System.	
New Business	- William Sanchez shared details about the 22nd Consortium Annual Event and Worksite Wellness Awards hosted by the Consortium for a Healthier Miami-Dade. The event will be on Friday, September 19, 2025, and located at the Milander Center for Arts & Entertainment from 9:00 a.m. to 3:00 p.m. The cost to attend is \$75.00. Registration is required and can be found here: https://www.surveymonkey.com/r/Consortium22ndAnnualEventRegistration - Vicki Zou shared updates about the Worksite Wellness panel discussion that the Consortium Annual Event Taskforce has been planning. The panel discussion will include a host and three panelists, each of which will be presenting for 15 minutes, followed by a panel discussion for 15-20 minutes. We are still working on the best timing for the agenda. The panelists have all been confirmed and include Robert Hill from the American Heart Association who will be discussing the longstanding and emerging impacts of cardiovascular health in the workplace, Tenesha Avent from March of Dimes who will be talking about breastfeeding and paid family leave, and Susan Holtzman from NAMI Miami-Dade who will be talking about wellness in the workplace. - William Sanchez shared that the Worksite Wellness Committee vice chair elections will be launched soon. If anyone is interested or would like to recommend someone, please feel free to reach out to the committee chair and liaison.	
Partner Updates	Natouchka Murray shared that the Community Health Action Team (CHAT) at the Florida Department of Health in Miami-Dade County provides a range of services to the community, such as free health & wellness classes and biometric screenings, which include measuring blood pressure, blood glucose, BMI, BFA, etc. If anyone is interested in these services, please contact Natouchka Murray at 786-732-8848 or Natouchka.Murray@FLHealth.gov. CHAT also provides the <i>Journey to Wellness Rx</i> prescription, a non-pharmaceutical prescription that encourages physical activity and healthy living to help with weight and chronic disease management. For more information or to request the <i>Journey to Wellness Rx</i> prescription pads, visit the website at	

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	https://www.healthymiamidade.org/journey-to-wellness-rx or contact Natouchka Murray at 786-732-8848 or Natouchka.Murray@FLHealth.gov. Kate Edelson shared that NAMI is hosting their 6th annual Reel Minds Mental Health Film Festival, showcasing short films that focus on different mental health perspectives, on Saturday, October 25, 2025, at 1:00 p.m. at the Little Haiti Cultural Center. Tickets will be on sale soon. If anyone is interested in partnering or sponsoring for the event, please reach out to Kate Edelson at Kate@namimiami.org or visit https://namimiami.org/2025-films-sponsorship.	
Adjournment	The meeting was adjourned at 10:16 a.m. The next Worksite Wellness Committee virtual meeting is scheduled for Thursday, November 6, 2025, from 9:30 a.m. to 11:00 a.m. via Microsoft Teams.	