

TOPIC	DISCUSSION	ACTION NEEDED
<b>Membership Total (9)</b>	<p style="text-align: center;"><b>Virtual Via the Microsoft Teams Platform</b></p> <ol style="list-style-type: none"> <li>1. <b>Chair:</b> William Sanchez, City of Hialeah</li> <li>2. Vice Chair: Lymari Rivera, Mount Sinai Eldercare PACE Program</li> <li>3. Vicki Zou, Florida Department of Health in Miami-Dade County (Committee Liaison)</li> <li>4. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade County</li> <li>5. Sabine Dessources, Dessources Therapeutic Touch Inc.</li> <li>6. Lina Menendez, Epilepsy Alliance Florida</li> <li>7. Jair Espinoza, City of Miami</li> <li>8. Louisenie Remy, Roxcy Bolton Rape Treatment Center</li> <li>9. Belinda Gordon-Battle, Riviera Prep</li> </ol>	
Welcome and Introductions	The Worksite Wellness Committee of the Consortium for a Healthier Miami-Dade meeting was brought to order at 9:40 a.m. by Vicki Zou.	
Approval of Minutes	There was a motion to approve the January 2026 Worksite Wellness meeting minutes by Lymari Rivera and the motion was seconded by Jair Espinoza.	
Executive Board Update	<p>The Executive Board updates were provided by Lymari Rivera.</p> <ul style="list-style-type: none"> <li>• The Executive Board last met virtually on Monday, February 9, 2026.</li> <li>• The Board had a presentation by Miami Streets Clinic provided by Dr. Dan Bergholz, Founder of Miami Street Medicine, which shared about how the organization provides medical care and support to home-insecure residents throughout Miami-Dade County.</li> <li>• The Board also continues the conversation on optimal health and addressing the drivers of health.</li> <li>• The Executive Board reviewed the notes and the draft Executive Board work plan and Consortium Strategic Plan.</li> <li>• Revisions to the Consortium Bylaws were discussed with the inclusion of timeline of requests and approvals needed from the Board and DOH for grant/funding opportunities.</li> <li>• The 6th Annual Bounty of Health was held on December 12, 2025, at the Officer Ronnie E. Tookes West Perrine Health Center. The free event open to the public held 176 attendees and served 129 households with food items from Caring for Miami’s mobile food market.</li> </ul>	
Member Spotlight	This meeting’s Member Spotlight was presented by Sabine Dessources on Dessources Therapeutic Touch, Inc., a massage organization that bridges the gap between our high-level wellness intention and the reality of our busy lives. Sabine proposed a low friction pilot program to test run a wellness recharge station that would not only be a massage but also a tangible intervention for desk fatigue and stress. They also facilitate a workshop that helps members understand the mechanics of stress, posture, and tension. The goal is to provide tools for long-term well-being through massage and education.	

**CONSORTIUM FOR A HEALTHIER MIAMI-DADE**  
 Worksite Wellness Committee Meeting  
 Thursday, March 5, 2026  
 9:30 a.m. – 11:00 a.m.



Recognition of Improved Performance	The committee welcomes and congratulates our new Vice Chair. Last meeting, the committee was able to confirm Lymari Rivera as the Worksite Wellness Committee Vice Chair.	
Previous Action Items	Committee members were able to sign up for Member Spotlight spots for the year. The September and November spots are still available for sign-up.	
Worksite Wellness 2025-2030 Work Plan Development	Vicki Zou facilitated the Worksite Wellness 2025-2030 Work Plan Development. Committee members finished reviewing the Work Plan draft's committee activities, measures, and potential collaborative partners. There was a motion to approve the Worksite Wellness Committee 2025-2030 Work Plan by Jair Espinoza and the motion was seconded by Lymari Rivera.	
New Business	Lymari Rivera discussed with the committee members about potential members to target or recruit to join the committee.	
Partner Updates	<ul style="list-style-type: none"> <li>• Louisenie Remy shared that the Roxcy Bolton Rape Treatment Center is hosting a symposium for Sexual Assault Awareness and Prevention Month on Tuesday, April 21, 2026, at Miami-Dade West campus from 11:00 a.m. to 2:00 p.m. If you are interested in sponsoring or for more information, please reach out to Louisenie at <a href="mailto:louisenie.remy@jhsmiami.org">louisenie.remy@jhsmiami.org</a>.</li> <li>• Belinda Gordon-Battle shared about their Black Family Wellness Expo event on Saturday, March 21, 2026, from 9:00 a.m. to 2:00 p.m. at the Betty T Ferguson Recreational Complex. RSVP at <a href="https://blackfamilyexpo.eventbrite.com">blackfamilyexpo.eventbrite.com</a>. For more information, please reach out to Belinda at <a href="mailto:belinda@bgbcounselingservices.com">belinda@bgbcounselingservices.com</a>.</li> </ul>	
Adjournment	The meeting was adjourned at 10:20 a.m. The next Worksite Wellness Committee virtual meeting is scheduled for <b>Thursday, May 7, 2026, from 9:30 a.m. to 11:00 a.m.</b> via Microsoft Teams.	