CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Worksite Wellness Committee Meeting
Thursday, May 7, 2026
9:30 a.m. – 11:00 a.m.

TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (10)	**Virtual Via the Microsoft Teams Platform** 1. **Vice Chair:** Lymari Rivera, Mount Sinai Eldercare PACE Program 2. Vicki Zou, Florida Department of Health in Miami-Dade County (Committee Liaison) 3. Sybil Cherian, Florida Department of Health in Miami-Dade County 4. Annette Hungler, FIU Green Family Foundation NeighborhoodHELP 5. Olivia Decastro, Florida Department of Health in Miami-Dade County 6. Louisenie Remy, Roxcy Bolton Rape Treatment Center 7. Evelyn Capdevila, Quality Physical Therapy 8. Lina Menendez, Epilepsy Alliance Florida 9. Belinda Gordon-Battle, Riviera Prep 10. 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 9:45 a.m. by Lymari Rivera.	
Approval of Minutes	There was a motion to approve the March 2026 Worksite Wellness meeting minutes by Evelyn Capdevila, and the motion was seconded by Lymari Rivera.	
Executive Board Update	The Executive Board updates were provided by Lymari Rivera. • The Executive Board met virtually on Monday, April 13, 2026. • The Board also continues the conversation on optimal health and addressing the drivers of health. • The Executive Board reviewed the Consortium Strategic Plan and added Consortium objectives to the healthy weight/physical activity, and nutrition priority area. Strategies to meet these objectives will be discussed at the next meeting. • 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. During this meeting, the Consortium Bylaws were finalized and approved by the Board. • DOH-Miami-Dade is awaiting approval for the CHA and CHIP.	
Member Spotlight	This meeting's Member Spotlight was presented by Evelyn Capdevila on Quality Physical Therapy, an organization of specialists in work-related injury prevention & rehabilitation that aims to reduce injuries, cut costs, and maximize workforce performance. They provide physical, occupational, and hand therapy and have resources for vestibular, traumatic brain injury, and cognitive care. They have rapid same or next-day access to care at three locations: Little Havana, Hialeah, and West Little River. There are various comprehensive employer solutions, such as injury evaluation & treatment, work conditioning & return-to-work programs, post-offer employment testing (POET), functional capacity evaluations (FCEs), and employee wellness services, which include health insurance and their Stretcheez program, preventing	

	employee injury and saving money for employers in the long run. For more information, please reach out to Evelyn Capdevila at admin@quality-pt.com.	
Previous Action Items	Committee members were able to sign up for Member Spotlight spots for the year. The November spot is still available for sign-up.	
Recognition of Improved Performance	Last meeting, the Worksite Wellness Committee was able to finalize the 2025-2030 Work Plan and vote for its approval.	

Performance Measures in Need of Improvement (Work Plan Review)	Lymari Rivera led the discussion with the committee on the following Work Plan measures:
	• By September 30, 2030, the Worksite Wellness Committee will encourage onsite or telehealth services in the workplace.
	  ○ Lymari Rivera encouraged committee members to reach out in their own organizations about how these elements are being accomplished in their work environments to report back on in the committee.
	  ○ Annette Hungler and Louisenie Remy said that they would be interested in helping with this effort.
	• By September 30, 2030, the Worksite Wellness Committee will work to support a health screening event to identify risk factors for chronic diseases.
	  ○ Lymari Rivera suggested collaborating with the Elder Issues Committee to establish a health fair or health screening event to help identify factors of chronic disease in order to prevent negative side effects at work such as burnout.
	  ○ Annette Hungler talked about either advocating for or supporting a health event for major employers and organizations.
	  ○ Evelyn Capdevila suggested partnering up with different sponsors to do a joint health event.	

New Business	Lymari Rivera discussed with the committee members about targeting or recruiting potential members to join and grow the committee.	
Partner Updates	No partner updates were shared during this committee meeting.	
Adjournment	The meeting was adjourned at 10:29 a.m. The next Worksite Wellness Committee virtual meeting is scheduled for **Thursday, September 3, 2026, from 9:30 a.m. to 11:00 a.m.** via Microsoft Teams.	