

November 2018

INSIDE THIS ISSUE

- 1** • GREAT AMERICAN SMOKEOUT
 - HEALTH BENEFITS OF YOGA
 - WELLBEING SURVEY
-
- 2** • HOLIDAY SEASON
 - NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH
 - 2018 FLU SEASON



Great American Smokeout

Join us on November 15, 2018 as we celebrate the Great American Smokeout. This is a nationwide event that has been put together by the American Cancer Society for more than 40 years. Per the American Cancer Society, the event provides a much-needed opportunity to communities, individuals, healthcare providers, families, and businesses to encourage those who smoke to develop a quit plan or explore available resources to help them stop smoking and to stay tobacco free. To learn more, [click here](#).

Source: American Cancer Society

Health Benefits of Yoga

- Increased muscle strength
- Improved breathing
- Energy and vitality
- Balance
- Reduces stress
- Weight reduction/ control

There are several free events for Free yoga in Miami. Yoga is an old practice that has been practiced for centuries. It has become increasingly popular in our busy society. It helps individuals become mindful, fit humans. For more information please [click here](#).

In the greater Miami area there will be some free yoga lessons: Free Yoga at Bayfront Park: Mondays, Wednesdays from 9:00 am- 10:30 am and 6:00. pm – 7:30 pm, and Saturdays from 9:00 am- 10:30. Full Moon Beach Meditation at South Pointe Beach: November 23rd , 2018

Wellbeing Survey

Click the image below to take the survey!



The Florida Department of Health in Miami-Dade County is conducting the Wellbeing Survey to identify the needs, opinions, and views of Miami-Dade County residents as it relates to the communities that you reside.

The Wellbeing Survey folds into the Mobilizing for Action through Planning and Partnerships model of community health improvement as one of the four types of assessments that informs the new Community Health Improvement Plan. Taken together, the four assessments give a complete view of health and quality of life in Miami-Dade County, and help make up the Miami-Dade County Community Health Assessment. Your opinion matters and we want you to participate in the survey by [clicking here](#).

The survey is available in multiple languages. By completing the survey, you will help answer the following questions: What is important to the community? How is the quality of life perceived in the community? What assets does the community have that can be used to improve community health? Share your opinions today!



Holiday Season

November officially kicks off the start of the busy holiday season and is often a time that is spent with family and friends as we celebrate the many things that we are thankful for. Holiday meals can be source of anxiety for those who have diabetes. Some helpful tips can help you stay on track with your diabetes's management. Remember these are just tips and you should always check with your medical provider for specific guidance.

- Think about the timing of your meal and maybe have a snack to prevent low blood glucose
- Stay physically active
- Try a healthy version of the holiday favorites
- Nibble on healthy snacks such as fresh fruit or vegetables
- Eat smaller portions
- Be Selective-remember you don't have to sample all the prepared food items

Source: American Diabetes Association



November is National Alzheimer's Disease Awareness Month

The 2018 Walk to End Alzheimer's will be held on November 3rd, 2018. The point to the 2018 Walk is to raise funds to take the first step to a world without Alzheimer's. Miami Dade's goal is \$410,000 dollars. One can create a team, join, register, and volunteer at the event. Any contributions or volunteers will help Miami Dade reach their goal of funding a cure to Alzheimer's. Everyone participating in the two-mile walk needs to register and will receive a complementary T-shirt, this includes parents and children. The 2018 Walk is in association with the Alzheimer's Association and Catholic Health Services. Check In/ Registration will begin on November 3rd, 2018 at 7:30 am and the walk will commence at 9:00 am. For more information please visit, [click here](#).

Events Calendar

November 2018

- 11/03- Walk to End Alzheimer's- Museum Park, 1075 Biscayne Boulevard, Miami, FL
- 11/10- 305 Teen Health and Empowerment Extravaganza, Little Haiti Cultural Center: 212 NE 59th Terrace, Miami , FL 33137
- 11/13- Health and the Built Environment Committee Meeting Don Soffer Clinical Research Building, 1120 NW 14th St. Miami, FL 33136; CRB 1080 9:30-11am
- 11/25- Family Day at MOAD-MDC Museum of Art+Design at the Freedom Tower 600 Biscayne Blvd. Miami, FL 2pm-4pm

For a complete list of Consortium Events [click here!](#)

2018 Flu Season

Get your flu shot. The CDC recommends getting a flu shot for everyone ages 6 months or older. To learn more about the importance of the flu shot, [click here](#).

Source: CDC (Influenza, (Flu))

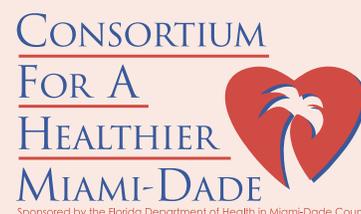
Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org



Sponsored by the Florida Department of Health in Miami-Dade County