

Well Way's Mission Statement

The mission of the Miami-Dade County Public Schools Wellness Program — Well Way is to increase employees' awareness of benefits and personal health status by establishing and maintaining a workplace that encourages environmental and social support for a healthy lifestyle.

Well Way

Miami-Dade County Public Schools
Office of Risk and Benefits Management



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Well Way

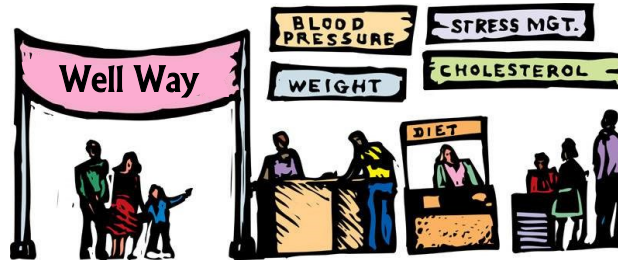
Employee Wellness Program at
Miami-Dade County Public Schools

Importance of Health & Wellness

Leading a healthy lifestyle which incorporates physical activity and a proper diet can help you reach and maintain a healthy weight, reduce your risk of chronic disease and improve your overall health.

Wellness programs can help individuals.....

- Reach a healthy balance of emotional, occupational, intellectual, spiritual, social and environmental well-being.
- Achieve a work-life balance by learning new and exciting skills which can stimulate and improve social well-being.



Well Way Services

- Onsite Wellness Events
- Flu Shots and Vaccine Campaigns
- Biometrics: Cholesterol, Body Mass Index, Blood Pressure, Glucose
- Portion Control/ Nutrition and Diet Information
- Mammography Testing
- Walking Programs
- Massages
- Body Composition
- Stress Management Work Shops

Are you interested?

Please visit our website to learn how to schedule a visit at your school site or work location:

Riskmanagement.dadeschools.net/wellway

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Fax: 305-995-7190

E-mail: well_way@dadeschools.net

5 Tips for a Healthier You!

1. **Rest:** Get 7-9 hours of sleep nightly.
2. **Stay Hydrated:** Drink at least 8 cups of water a day.
3. **Exercise:** Get at least 30 minutes of aerobic activity 5 days a week and do muscle strengthening activities at least 2 days a week.
4. **Relax:** Find relaxation techniques and hobbies you love to reduce stress.
5. **Eat:** Healthier meals which include fruits, vegetables and protein, and limit fats and sugars.

