

# July 2024

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X: @MDCPSWellWay

Instagram @mdcpswellway

Weblinks Provided



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Relax and Enjoy

1

**Firework Safety Tips**

1

**Jacie is back!**

Schedule your Health Coach Appointment  
health coach information below

2

**Pool Safety Tips**

3

**HAPPY FOURTH JULY**

4

**HEALTHCARE BLUEBOOK**

Did you know you can get up to \$150 for getting a colonoscopy? Check out Healthcare Bluebook for more information!

5

**Treat Yourself**

Happy Saturday! Take a day off exercising or your usual routine and do something different today!

6

**MINORITY MENTAL HEALTH**

7

**Stay Out Of The Sun Day**

If you need an excuse to stay out of the sun-today you nationally have one! Take care of your skin inside and out...

8

**Quick Morning Workout**

Star Jumps - 10 reps  
Wall Sits - 20 seconds  
Side Planks - up/downs x 10 reps per side

Eat A Healthy Breakfast!

9

**Quick Chicken Fajitas, Beans and Spanish Rice**

10

**Look Up**

to experience proper posture and better health!

11

**Always BELIEVE IN Yourself**

12

**BLUE MUFFIN FOR GUT HEALTH**

Learn about your gut health by baking your own BLUE muffins at home.

13

**Hurricane Season: Be Prepared**

Hurricane season lasts from June 1 to November 30. It's a good idea to have a plan in place in case of an emergency.

14

**DRINK MORE WATER**

15

**PRE-BIOTICS VS. PRO-BIOTICS**

Both pre-biotics and pro-biotics are good for your gut, but they help in different ways. Learn More!

16

**World Listening Day**

- Go on a solo listening walk
- Host a listening quiz
- Go to a concert

17

**Get Moving Tips for Caregivers**

Physical activity improves both mental and physical health. It can lessen anxiety, depression and anger.

18

**Get Moving Tips for Caregivers**

American Heart Association.

19

**THE MORE YOU Move THE BETTER YOUR Mood**

20

**Fresh Strawberry Pie Reciepe**

21

**Be the Reason Someone SMILES TODAY**

22

**SIGNS OF AN UNHEALTHY GUT**

- Upset Stomach
- Unintentional Weight Changes
- Sleep Disturbances
- Food Intolerance
- Skin Irritation

23

**Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses**

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

SPF 15+

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**Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses**

25

**Eating Out?**

Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.

26

**World Hepatitis Day**

27

**Tips for a Healthy Cookout**

Build a healthful barbecue of lean protein foods paired with seasonal fruits and vegetables.

28

**National Avocado Day**

Avocados are creamy, delicious, vitamin-heavy symbols of nature offering us the good life!

29

**Relax**

In the summertime, make yourself a priority and indulge in some self care

30

**Questions/Hotlines:**

Cigna Representative: 1-800-806-3052, 24 hours/7 days a week  
 Cigna Total Behavioral Health Program: 1-800-806-3052 OPT.3  
 24 hours/7 days a week  
 FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm  
 Office of Risk and Benefits Management: 305-995-7129  
 District Employee Assistance Program: 305-995-7111  
 Well Way: 305-995-7129  
 Natalie Aguiar, Health Coach :786-921-7551  
 Jacie Robles, RDN/LD, Health Coach:786-514-0205

