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## **2019 FLORIDA WORKSITE WELLNESS AWARDS**

### **Contact:**

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**Miami, FL** – The Florida Department of Health in Miami-Dade County’s Consortium for a Healthier Miami-Dade presents the **2019 Florida Worksite Wellness Awards** which will be held on **Friday, May 3, 2019 at the Miami Airport Convention Center (MACC)**. The Florida Worksite Wellness Awards presents an exciting opportunity to learn about worksite wellness best practices and successful worksite wellness programs throughout Florida. This year’s keynote speaker, Jackie Harder, will be speaking on “Workplace Solitude: How Connection and Community Impacts Our Health.” The event will also host workshops for attendees covering an array of wellness topics and recognize Florida employers who have made a commitment to employee wellness and whose programs produced measurable positive health outcomes.

“In an era of rising healthcare costs and increasing rates of chronic diseases in Miami-Dade, the Florida Worksite Wellness Awards is essential for educating the local and regional business communities about the benefits of having a worksite wellness program. Promoting a healthier workplace environment is a community effort that will help create a culture of health across the state,” said Dr. Yesenia D. Villalta, Administrator/Health Officer for the Florida Department of Health in Miami-Dade County.

Business owners, managers, human resource professionals, insurance brokers, healthcare carriers and those interested in wellness are encouraged to attend the event which is presented in partnership with Tobacco Free Florida Miami-Dade.

More than half of healthcare costs are due to preventable unhealthy lifestyles and stress. Tobacco and alcohol use, lack of physical activity and poor nutrition all contribute to increased health costs. Many employers have already experienced the vast benefits of a healthier workforce, including: reduced healthcare costs, increased productivity, decreased absenteeism, as well as an overall improvement in staff morale and company loyalty that can be produced with comprehensive worksite wellness programs.

The Florida Department of Health in Miami-Dade County initiated the Consortium for a Healthier Miami-Dade in 2003 to address the increasing rates of chronic diseases in the local community. The Consortium is comprised of community agencies that work in collaboration to promote healthy lifestyles including a healthy diet, regular physical activity and not using tobacco products. The Worksite Wellness Committee is comprised of a group of dedicated members who promote healthy lifestyles in the work setting by sharing information on best practices and by creating partnerships to implement worksite wellness activities.

For additional information please visit [www.worksitewellnessawards.org](http://www.worksitewellnessawards.org) or contact 305-278-0442.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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