

WELLNESS WORKS

YOUR 2014 HEALTH PRESCRIPTION

Wellness worked for them. It can work for you.

For their full stories and to join our SharkFIT Employee Wellness Program, visit www.mdc.edu/kendallfitness or call 305-237-2838 for more information.



“With the expertise of Cookie, Jan, and Marla, I went on a rigorous program of cardio and conditioning exercises. As a result, I was able to combat stress, fatigue, and depression for over 20 years.”

- **Michel De Benedictis**

Faculty
English and Communications Department



“Exercising several times a week after work energizes me after sitting at a desk most of the day. I have already seen the results of my hard work during my last vacation when I was able to walk for hours without exhaustion!”

- **Elizabeth De Arazoza**

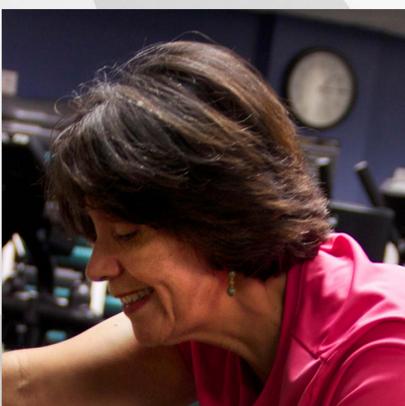
Administrator
School of Continuing Education and Professional Development



“I can honestly share that committing to the Shark Fit program was most likely my turning point to a better healthy lifestyle. Being asked to provide this information made me realize how much I wanted to share my story and hopefully inspire others.”

- **Charmein Murillo**

Administrator
Purchasing Department



“Thanks to the Wellness Center’s trainers I have improved my health, have more energy to keep up with my busy schedule, and I feel that my state of mind has changed for the better.”

- **Miryam Sarmiento**

Program Specialist
College Training and Development