Welcome to the June issue of the Well Aware eNews!

Ohio State University Health Services will host a smoking cessation program titled, "Another Chance to Quit For Good". The program will be held in the Maple Room, from 7:00 to 8:30 p.m. on Thursday, May 23, 2013. Anyone interested in quitting smoking or learning more about smoking cessation may attend this presentation at no charge. Pre-registration is required. To register, call 850 Hungerford Drive 504/413-2146.

Another Chance to Quit For Good is a comprehensive, eight-week, evidence-based tobacco cessation program. It is eight weeks long and combines a self-directed, interactive, computer-assisted smoking cessation program with in-person coaching sessions. Call 850 Hungerford Drive 504/413-2146 for more details.

Well Aware and United Healthcare will be offering a summer health screening to MCPS staff. This wellness screening will be held at the Carver Educational Services Center on Wednesday, July 24, 2013, from 9:30 a.m. to 12:30 p.m. and Thursday, July 25, 2013, from 9:30 a.m. to 1:30 p.m. This is a voluntary, free service available to all MCPS staff. Pre-registration is required by March 26, 2013. For more information and to register, call 850 Hungerford Drive 504/413-2146.

Mr. Winter is an executive at MCPS. He runs early in the morning, beginning about 5:30 a.m., to not disrupt his thoughts in order, and focus on his week. He runs early in the morning, beginning about 5:30 a.m., to not disrupt his thoughts in order, and focus on his week. He runs early in the morning, beginning about 5:30 a.m., to not disrupt his thoughts in order, and focus on his week. He runs early in the morning, beginning about 5:30 a.m., to not disrupt his thoughts in order, and focus on his week.

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