Mind Your Wellness is a fun, interactive, and transformative seminar series for Montgomery County Public Schools. On Wednesday, April 2, Montgomery County Public Schools (MCPS) celebrated National Walking Day. The series is designed to improve how you think, breathe, eat, talk, walk, sleep, and much more. People of all ages and fitness levels are encouraged to participate.

The series is designed to help participants improve their health and wellness by making small changes in their daily lives. Participants are encouraged to make a daily walk a habit and to think about how they can incorporate physical activity into their daily routine.

InSTEP with Diabetes will be held on Wednesdays beginning June 25, 2014, from 12:30 p.m. to 1:30 p.m. in the Aspen Room at 45 West Gude Drive, Rockville. Topics will include: diabetes education, stress through stretching and strengthening; a seminar/webinar from Cigna to help you relieve stress through stretching and strengthening; and Cigna's onsite health coaching; and a seminar/webinar from Cigna to help you relieve stress through stretching and strengthening.

Registration for the summer class is underway. Take advantage of your summer break and learn how to take control of your health and wellness! Space is limited, so register early.

There's Still Time To Do Just 10 More!

The Just 10 Challenge is a fun challenge that encourages you to make small changes in your daily life to become physically active. The challenge is designed to help you build a habit of physical activity and to encourage you to keep moving throughout the day.

To sign up for a free step tracker, visit www.Heart.org/Just10 and create your account. For more information on activity, click www.Heart.org/NationalWalkingDay. If you have used the fitness log previously, you do not need to register for a new account. For more information on activity, click www.Heart.org/NationalWalkingDay.

Visit www.Heart.org/Just10 to learn more about the Just 10 Challenge and to sign up for a free step tracker. For more information on activity, click www.Heart.org/NationalWalkingDay.