The Wellness Initiatives program provides incentives to help you reduce your health insurance by logging your physical activity. If you registered for a previous challenge, you do not need to be awarded for logging physical activity on the online platform.

Join us for a fun and interactive seminar that will help you examine your lifestyle habits and improve your physical and mental health. Register for Seated Yoga to lower your stress and strengthen your body. The series will be held on Monday, April 27, 2015, from 6:30 to 7:30 p.m. at Café 45, 850 Hungerford Drive, Silver Spring, Maryland 20902.

Well Aware has an answer for you! Perhaps you assume that to practice yoga you must be super flexible and perfectly calm? Well, that’s not true. Have you ever wanted to take a yoga class but were worried about getting on and off the floor? No worries! Seated Yoga is designed for people who are not able to get on and off the floor.

Consider participating in one, two, or all three to improve your quality of life. Well Aware and Cigna are offering several programs to help you reduce your stress this spring. Join Well Aware and Kaiser Permanente for an eight-week stress management class held as follows:

- Monday, April 27, 2015 – 5:00 p.m.
- Monday, May 4, 2015 – 5:00 p.m.
- Monday, May 11, 2015 – 5:00 p.m.
- Monday, May 18, 2015 – 5:00 p.m.
- Monday, June 1, 2015 – 5:00 p.m.
- Monday, June 8, 2015 – 5:00 p.m.
- Monday, June 22, 2015 – 5:00 p.m.
- Monday, June 29, 2015 – 5:00 p.m.

This summer, join Well Aware and Kaiser Permanente for an eight-week diabetes awareness and management class. Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes? This class will help you learn more about employee wellness, visit our website to see the employee and retiree service center newsletter as a .pdf document, click Learn more.

Diabetes is a national initiative to improve cancer prevention, detection, and treatment efforts. At the request of Congress, President Barack Obama has proclaimed the month of April as National Cancer Control Month. The goal of the proclamation is to defeat cancer by improving education and awareness.

Well Aware Challenges:

- Place at or Near the Top of the Leaderboard
- This summer, join Well Aware Challenges to jumpstart and develop a Well Aware habit.
- Small Changes, Big Results
- Ask Michael, and he will tell you why.
- To register for Seated Yoga, call 301-772-3276 or email wellness@mcpsmd.org.
- Read on to learn about Well Aware Challenges for the spring:
- Diabetes Awareness and Management Class
- Yoga for Stress Reduction
- Tai Chi for Stress Reduction
- Tai Chi has evolved into a graceful form of exercise that is now used to reduce stress.
- Tai Chi
- The Well Aware challenges are one of the best initiatives in the school system, Michael said. I am very clear that winning requires sacrifice and discipline. Ask his teammates and they will tell you the answer is easy: The team know that winning requires sacrifice and discipline.
- Blocks of Granite has placed at the top or in the top 10 of the leaderboard.
- All that discipline certainly pays off. Blocks of Granite has won the Golden Sneaker trophy twice and has been in the top five of the leaderboard for the eight weeks of the competitions, A successful team creates a rising tide for the rest of the school. It brings a sense of unity and teamwork.
- Mario Loiederman Middle School
- Michael goes one step further by sharing his team’s experience: "I am disciplined about exercising and logging data, and I never miss a day. I try to log everything I do, from running to lifting weights to stretching."
- Ask Michael, and he will tell you why.
- Blocks of Granite
- Small Changes, Big Results
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