concerns, By serving families with children from birth to the start of the school year following their fourth activity challenges.

They have formed teams to participate in Well Aware biweekly, after work together to get and stay healthy. During their breaks, they often participate in daily

Along with supporting each other when illness happens, mid

The women supported another coworker who was diagnosed with a genetic heart condition by

participated in the Light the Night Walk in Rockville, raising another $6,000. In addition, they

illnesses, they quickly banded together to support one

April Well Aware eNews

Montgomery County Public Schools coworkers are working hard! So far, 20 individual prizes

*To receive both rate reductions, you must complete a biometric health screening

the 1 percent incentive. For dates, times, and exact locations, visit Well Aware

screening

reductions, complete both a biometric health screening and a health risk assessment yearly,

If you are covered by an MCPS

sustained to have regular screening tests for the disease before you have symptoms. Regular

A study from the American Cancer Society predicts that by 2030, cancer will surpass heart

April Is National Cancer Control Month

We are an office of women ranging in ages from the mid

- Brain breaks are a quick and effective way of changing or focusing your physical and mental state.

- Learn why yoga is such a great tool for health and wellness

- Time for Another Brain Break!

Yoga is such a great tool for managing stress, honing your mental focus, and ridding your body

but what's it already, register for a

- Track for Dr-Eased Race This Spring

- For information on dates, times, and class locations, e

- Learn more

- Exercise for Busy Bodies

To better support the families and children we serve, we need to be

At the Infants and Toddlers site to promote health and

Wellness Champions

Women Rock!

InSTEP with Diabetes

For information on dates, times, and class locations, e

- Join Well Aware as we continue to practice

- Researchers indicate that brain breaks also improve concentration and relieve stress.

- This month

- This month

- April is National Cancer Control Month;

- National Cancer Control Month;

- To honor the memory of the courageous men and women lost to the disease; and stand with all

- A study from the American Cancer Society predicts that by 2030, cancer will surpass heart

- We care about our work family and want to support them in as many ways as we can. Women

- How about a brain break?

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