Stress Less This Spring

Wednesdays
850 Hungerford Drive
Mondays
Guided Meditation

Seated yoga, meditation, and tai chi are wonderful practices that help you to lower your stress levels and manage your anxiety.

Guided Meditation for Teachers
Rockville, Maryland 20850
45 West Gude Drive
Tai Chi (45 West Gude Drive)
Rockville, Maryland 20852
4910 Macon Road
Tai Chi (Rocking Horse Road Center)
Rockville, Maryland 20850

Account and begin logging your activity. Any activity counts!

It is not too late to join us. Start working toward your health and wellness goals as you race toward the checkered flag. If you haven't already, register for a Well Aware Fitness Log account and begin logging your activity. Any activity counts!

Over 8,000 MCPS employees and their families have joined in the Healthy For Good movement; and, if you use tobacco, consider quitting.

Prevention and screening are our best defenses against cancer. All Americans can reduce their risk by eating a healthy diet, exercising regularly, limiting sun exposure, avoiding excessive alcohol consumption, living tobacco-free, and taking advantage of appropriate regular scheduled cancer screenings.

This year, an estimated half million Americans will lose their lives to cancer, and three times that many will be diagnosed with this devastating illness. Cancer patients are parents and grandparents, children and cherished friends; the disease touches almost all of us and casts a shadow over families and communities across our nation.

The U.S. Surgeon General has said, “Smoking cessation [stopping smoking] represents the single most important step that smokers can take to enhance the length and quality of their lives.”

It’s hard to quit smoking, but you can do it. To have the best chance of quitting and then keeping it for good, you need to think about quitting for 30-60 days.

Remember: By quitting you can avoid paying a 25 percent smoker (tobacco-user) surcharge rate reductions, complete a biometric health screening and a health risk assessment yearly, and, if you use tobacco, consider quitting.

The American Heart Association (AHA) each April. This year, AHA has expanded National Walking Day to Healthy For Good is designed to inspire all Americans to live healthier lives and create a month-long initiative to Move More in April.

April Month of Action

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