Welcome to the December Well Aware eNews!

This month, we celebrate the success of our wellness program as we look forward to the next year. Here are some highlights from December:

- **December 4th, 2014**
  - The annual Wellness Awards were held at the Carver Educational Services Center Auditorium in Rockville, Maryland. Congratulations to all of the winners! The awards recognize employees who have demonstrated exceptional commitment to their health and wellness.
  - The Wellness Fair was held at the Carver Educational Services Center Maple Room in Rockville, Maryland. Employees were able to participate in a variety of activities and workshops focused on health and wellness.
  - The Maintain Don't Gain mini challenge continues! Participants are encouraged to track their activity and weight loss updates in the online log. As of October 6, MCPS employees have taken small steps to create healthy habits as part of their daily routines.

- **December 12th, 2014**
  - A total of $1.2 million was contributed toward the medical insurance plan effective January 1, 2016. This means that your contributions toward your medical insurance are now being matched by the company.

- **December 14th, 2014**
  - The Biometric Health Screening is bringing health risk assessments and screenings to different locations around the Rockville campus.

- **December 18th, 2014**
  - The Stressbusters webinar was held on December 18th. This webinar provided stress management techniques and coping skills for managing stress.

- **December 22nd, 2014**
  - The Quit for Good tobacco cessation program began on December 22nd. Sessions are open to all MCPS employees and their spouses, regardless of whether or not they carry Kaiser Permanente health insurance.

- **December 23rd, 2014**
  - The Maintain Don't Gain mini challenge calendar was released. Participants can track their activity and weight loss updates in the online log.

- **December 24th, 2014**
  - The Maintain Don't Gain mini challenge calendar was released. Participants can track their activity and weight loss updates in the online log.

**Wellness Challenge Takes Off!**

Congratulations to all who participated in the Wellness Challenge. Participants have taken small steps to create healthy habits as part of their daily routines. The challenge has been a great success and has motivated many employees to improve their health and wellness.

**Don't Miss It!**

- **Wednesday, December 10th, 2014**
  - The Stressbusters webinar is scheduled for 1:00 p.m. in the Carver Educational Services Center Maple Room.

**Wellness Quotables**

- "Either you run the day or the day runs you."
- "You are what you eat and you are what you think.""