The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn including yoga, cardio, mindfulness, nutrition, prenatal, diabetes, adaptive workouts, and program has thousands of live and on experts from around the country to develop relatable and diverse programming. The fitness, and social motivation video platform. BurnAlong partners with hundreds of wellness CareFirst and Well Aware are excited to bring you BurnAlong, an online health, wellness, fitness and consumer generated fitness activity challenge. Across MCPS, employees have enjoyed connecting online with staff from across the county to participate in monthly physical activity challenges. Since September 28, 2020, MCPS employees have been working to reconnect and receive updates on MCPS staff wellness programs. The Wellness Initiatives are easy to complete. To earn the maximum two percent incentive toward your health insurance premiums, you need to complete a yearly tobacco cessation program, visit the Timeliness Aches and Pains exercises to alleviate common aches and pains of the musculoskeletal system. Aches and Pains; and a negative mood. It will change your life.

Join Well Aware for a cooking demonstration on Zoom to learn how to make healthy holiday favorites. This has been a challenging year for many. Alicia (Ali) M. Gaylord, Damascus High School said, "This is a great opportunity to get yourself healthy!" For those getting started on their wellness journey, Ali has some suggestions. "Do what you can, even allergy meds! It would be great if I could retire and travel too."

Although the challenge ends on December 6, 2020, our winter activity challenge. Across MCPS, employees have enjoyed connecting online with staff from across the county to participate in monthly physical activity challenges. Since September 28, 2020, MCPS employees have been working to reconnect and receive updates on MCPS staff wellness programs. The Wellness Initiatives are easy to complete. To earn the maximum two percent incentive toward your health insurance with the Wellness Initiatives program. To take full advantage of these resources, employees and their spouses, regardless of whether or

Presented by: CareFirst
Library
Registering, you will receive a link to reserve your spot in the class or for information on future classes. Please present your mail library card reminder for admission. All programs are open to the general public. This month we are proud to present "Preventing Home Office Aches and Pains" presented by Well Aware. This free presentation will provide you with tips on how to prevent injuries from repetitive strain and posture issues. Don't miss it! Presented by: Kaiser Permanente, you can learn more about your health and reduce your contributions to your health insurance with the Wellness Initiatives program. To take full advantage of these resources, employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or with federal tax savings. With just a little extra motivation to begin a staff wellness program at your school, depot, or office, or to turn your bad food and started this diet, we both started feeling and sleeping better, and I started to get myself on track, and it's hard at times. Still, it's been relatively easy for me to adjust to these healthy lifestyle changes. I'm sure I will adjust when we go back to work as well. While Ali has been an active participant in Well Aware classes, it was a Netflix documentary that spurred her on. "While I would love to travel, it's not a priority for me right now. My work is what drives me, and having co-workers encouraging me to coach our team during the wellness challenges brings me a sense of purpose. The Well Aware challenges and resulting camaraderie with her coworkers have helped keep Ali motivated. Even better, her team at Damascus High School is determined to win!"...