Toolbox staff are encouraged to take the time for self-care resources. They are eligible for a 20 percent discount on an annual pool pass for your family members. Access to its recreation facilities, including swimming pools and gymnasiums. You also are eligible for a reduced rate on@ made possible by the support of its friends and partners.

Join Well Aware for a cooking demonstration on Zoom to learn how to make healthy recipes. It’s a great way to start a staff wellness program or change an individual behavior. Follow @mcpswellaware to stay updated.

Share Your Wellness Stories and Encourage Your Coworkers Through Twitter! Email Well Aware to see what self-care resources will work best for you!

The holiday season is typically a happy, yet stressful time. Living through the ongoing COVID-19 pandemic has added an extra layer of stress. The holiday season can be a time of joy, but it can also be a time of stress and overwhelm. The holiday season is a time to be mindful of your physical and emotional well-being. It is a time to take care of yourself and your loved ones.

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 biometric health screening and a health risk assessment yearly. The Wellness Initiatives include:

- Stay tuned for information on future classes.
- For those who have completed a biometric health screening, please email Well Aware.
- Have You Been Piling on the Miles? The Wellness Initiative is to encourage you to track your daily steps. You can use the app or website to enter your daily activity, weight, and heart rate. You can also track your sleep.
- Stress Less During the Holidays. The Wellness Initiative is to encourage you to track your daily stress levels. You can use the app or website to enter your daily stress levels.
- It Is Always a Good Time to Quit! The Wellness Initiative is to encourage you to track your daily smoking status.
- How Many Miles Can You Run During the Holiday Season? The Wellness Initiative is to encourage you to track your daily running distance.
- How Many Hours of Sleep Do You Get During the Holiday Season? The Wellness Initiative is to encourage you to track your daily sleep hours.
- Make the Most Wonderful Time of Year a Safe and Healthy Time of Year. The Wellness Initiative is to encourage you to track your daily safety hazards at home, work, and on the road; and how you feel throughout training.

The Wellness Initiatives are designed to help you live a balanced life, with time for work, relationships, relaxation, and fun. It is important to take care of your physical and emotional well-being during the holiday season. It is a time to be mindful of your physical and emotional well-being. It is a time to take care of yourself and your loved ones.

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