Aware health insurance by participating in Montgomery County Public Schools (MCPS) Wellness Initiatives: Know Your Numbers

Victor joined his depot and decided when I get up in the morning to have a happy brain break. Victor has found a way to have fun while getting exercise. In addition to getting more activity, Victor is altering his eating habits. He includes more fruits and vegetables. In fact, vegetables are rich in fiber and help to prevent constipation. One vegetable he enjoys eating is black beans. In addition, he is encouraging his coworkers to eat heart-healthy foods such as chicken and fish. Victor also hopes that his example will encourage even more coworkers to jump on board. Victor said, “I’m glad to be a Wellness Champion. I have been able to manage my stress and improve my healthy lifestyle. It’s the perfect balance.”

Well Aware is offering a new physical activity challenge this spring. For more information about the challenges, visit the Well Aware eNews website or call 301-420-8936. Well Aware is excited to offer you self-help resources to help you manage your stress and improve your healthy lifestyle.

Well Aware and Kaiser Permanente will present once again a diabetes educational program to help pre-diabetes awareness. For more information or to register to receive the monthly information and booklets, visit the Well Aware eNews website or call 301-420-8936.

Well Aware is offering a free webinar titled “Quit for Good and Save Money” on Tuesdays, March 1 and 22, 2016, from 4:30 to 5:30 p.m. To view this webinar, visit the Well Aware eNews website or call 301-420-8936.

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