Welcome to the January issue of the Well Aware eNews!

This month's wellness champion, Ms. Judy Daley, left her comfort zone and stepped out of her zone of security to participate in the Wellness Challenge. The middle-aged mother said she focused on healthy eating and exercise and lost weight. She said she discovered that she could make healthy changes and enjoy them, too. Ms. Daley said she is thinking about it and has started making changes. "I feel very cared about and very cared for. My success was celebrated and that is why I am willing to go on."

The program, she said, engages your mind, body, and spirit to help you reduce stress, focus on healthy eating, and exercise habits, age, and body mass index. The Well Aware Online Fitness Log has an easy-to-use interface that allows you to track your progress and see your results. You can record meals and snacks, you can set real goals, and you can stay on track with the support of your coach.

Well Aware encourages employees to participate. "The more people who participate, the more momentum we gain," said Lisa McDonald, the employee wellness coordinator. "And the more momentum we gain, the more people we can help change their lives."

Well Aware hopes you can join the wellness challenge. You can start now or any time. The more people who participate, the more momentum we gain. The more momentum we gain, the more people we can help change their lives."

Female faculty members are encouraged to participate in Well Aware's Women's Health Effort. The effort aims to create a culture of wellness within the state. The goals of the effort include promoting health initiatives within their organizations, reducing health care costs, and raising awareness about the importance of a healthy workforce. The Women's Health Effort is sponsored by the Montgomery County Public Schools (MCPS)

Well Aware's Women's Health Effort is now a Healthiest Maryland Business. The initiative is a voluntary program that recognizes companies that are committed to providing a healthy workplace for their employees. The program is designed to encourage businesses to make healthy changes in their workplace culture, including providing healthy food options, promoting physical activity, and offering health screenings.

Well Aware's Women's Health Effort is part of the state's Healthy Workplaces campaign, which aims to create a culture of wellness within the state. The goals of the campaign include promoting health initiatives within their organizations, reducing health care costs, and raising awareness about the importance of a healthy workforce. The campaign is sponsored by the state's Department of Health and Mental Hygiene.

Well Aware's Women's Health Effort is part of the state's Healthy Workplaces campaign, which aims to create a culture of wellness within the state. The goals of the campaign include promoting health initiatives within their organizations, reducing health care costs, and raising awareness about the importance of a healthy workforce. The campaign is sponsored by the state's Department of Health and Mental Hygiene.