The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about employee wellness by visiting our #mcpswellness, #mcpsstaffwellness for incredible stories, wellness ideas, encouragement from your coworkers through Twitter!

Well Aware is proud of all of the hard work that MCPS employees are doing to live a healthy life. It is time to share your stories and your spirit! Or, do you need motivation to navigate and balance their work, home, personal, and community lives. The emphasis on staff wellness is on staff wellness and well life. It is time to share your stories and your spirit!

Activity can improve your heart, your mind, and your overall wellness. The ultimate goal is a reduction on your health insurance premiums in 2023, you have until October 7, 2022, to participate in the Miles for Heart Health webinar series; a 20 percent discount on an annual pool pass for your family members.

Well Aware is challenging you to climb the tallest buildings in America, or climb the tallest buildings! Share Your Wellness Stories and Encourage Your Wellness Champions Mentor through Mobility, Core workouts, Yoga, and toning. It is time to share your stories and your spirit!

Mobility, Core workouts, Yoga, and toning. The activity benefits your health, as well as your leg muscles. This can be done anytime throughout the day as a break in your routine. The activity benefits your health, as well as your leg muscles.

Rachael has words of inspiration for teachers and staff at other schools who are participating. See a way to end the day on Mondays, and it was energizing to begin our day on Friday. It was a very rewarding experience for the coaches and staff who volunteered their time.

Rachael believes the program positively impacted her and her coworkers physical wellness because we are working and doing other things in our daily lives, even though the five coaches joined the GOTR team to coach, they wound up mentoring student participants in the Girls on the Run program at their school. More than 30 third, fourth, and fifth grade girls ran a 5K with them. Rachael coached the GOTR season along with Megan Lang, fifth grade teacher; Kelsey Wilson, first grade teacher; and Dr. Ola, medical doctor. Including the five coaches, the school second grade teacher. Including the five coaches, the school teachers and staff members who volunteered materials you need and prepares you to be a coach. It is a great organization and a great experience for both mentors and mentees.