a webinar on the negative impacts of clutter and

Well Aware, the MCPS employee wellness program, brings you the

Interested?

Montgomery County Offers MCPS Employees Free

If you are a subscriber of an MCPS medical plan (Kaiser Permanente or CareFirst), you

Both CareFirst and Kaiser Permanente members need to sign the HIPAA waiver on their

MinuteClinic for CareFirst members) also have until

October 7, 2022, will pay 1 percent less of their health insurance costs in 2023.

An alternative way to complete the Wellness Initiatives biometric health screening is

Alternative to Biometric Health Screening Available

Have You Taken the [Wellness] Initiative for 2023?

•

It is equally important to make men

•

brother, son, or male friend

give them the gift of good health, both physical and mental? Have your husband, father,

Physical and Mental Health

vitamin D. You can work and play outside without raising your skin cancer risk by protecting

fall. From Zumba and yoga to tai chi, Well Aware is offering you several options to help you

get fit this summer. For a class list and schedule,

Hawaii

Ola Summer Physical Activity Challenge (from

"No Place For Hate"

motivate coworkers.

Osteosarcoma research, events similar

staff have logged all of their activity in the

wellness room with rowing machines, dumbbells, a squat rack, and a treadmill for staff to

use.

movement allows us to feel renewed and ready for what comes next,

day stress, we will all be much more able to be there for our colleagues and students. If

connection, getting outside to move with other people is the perfect remedy. Movement

accountability because you are working, not just for yourself, but for your teammates,

for the Well Aware physical activity challenges, they encourage their coworkers to join them

Julius West Middle School practice what they preach. Not only do they regularly team up

Education Department at Julius West

What They Preach

Welcome to the June 2022 issue of the

June Well Aware eNews

more!

how to stay active this summer; and

gift of good health for the men in your life;

Toolbox

-physical activity challenges, they encourage their coworkers to join them

spread the word with our

to the webinar in your Outlook

Please register

Tuesday June 14, 2022

staying organized! We will go room

will offer specific, strategic ways to

clutter can feel daunting; the task

A Comprehensive Guide

This month

Learn More About Men, Women, Physical and Mental Health

Men’s Day and honor the men in our lives. What better way than to

How Men Can Keep Men’s Health Network. In it, men

men’s mental health and wellness a priority. Depression,

anxiety, stress, and mood disorders can strike anyone. Introduce him to

Physical Education

it’s eight

accountability because you are working, not just for yourself, but for your teammates,

to maintain their health and wellness too.

for the Well Aware physical activity challenges, they encourage their coworkers to join them

Julius West Middle School practice what they preach. Not only do they regularly team up

Education Department at Julius West

What They Preach

Welcome to the June 2022 issue of the

June Well Aware eNews

more!

how to stay active this summer; and

gift of good health for the men in your life;

Toolbox

-physical activity challenges, they encourage their coworkers to join them

spread the word with our

to the webinar in your Outlook

Please register

Tuesday June 14, 2022

staying organized! We will go room

will offer specific, strategic ways to

clutter can feel daunting; the task

A Comprehensive Guide

This month

Learn More About Men, Women, Physical and Mental Health

Men’s Day and honor the men in our lives. What better way than to

How Men Can Keep Men’s Health Network. In it, men

men’s mental health and wellness a priority. Depression,

anxiety, stress, and mood disorders can strike anyone. Introduce him to

Physical Education

it’s eight