We look forward to sharing new and exciting programs with MCPS staff in the fall. Montgomery County Public Schools (MCPS) build a lasting culture of wellness. If you or someone you know has not yet taken the steps to improve their own health, you also are doing your part to help make it a healthier school year! Thank you for participating in Well Aware programs during the 2013-2014 school year.

The program is co-sponsored by MCPS and Kaiser Permanente. This tobacco cessation program the free program is available to employees and their spouses, parents, and adult children, who are enrolled in or eligible for Kaiser Permanente’s health plan. To register to participate by email, visit the website.

The program is a 12-week program that begins weekly class meetings, participants receive support through a help line and from peer sponsors who understand what it takes to quit. Learn more about the program by visiting the website.

Nationally Recognized Montgomery County Wellness Champion Increases Her Wellness Practice

Lenore F. Gelman, special education teacher at Hungerford Drive, Rockville. You may participate for 30 or 60 minutes, one time or for all five weeks.

Walk Maryland

Practice tai chi.

Tai chi involves a series of movements performed in a slow, focused manner and body practice has value in treating or preventing many health problems. And, you can get started even if you are not in top shape or the best of health.

Get inspired to join Well Aware and others in Maryland who are getting more active and healthy. How? You can join Walk MD, a program that encourages you to increase your physical activity and exercise as part of your daily life. You can do so by taking a walk around the block, walking to the train station, or walking to the store. The program is available to all Maryland residents, regardless of age, gender, or fitness level. Walk MD is a program that encourages you to increase your physical activity and exercise as part of your daily life. You can do so by taking a walk around the block, walking to the train station, or walking to the store. The program is available to all Maryland residents, regardless of age, gender, or fitness level.

Join Well Aware and Euphies This Summer for Tai Chi

Tai Chi is an ancient tradition that, today, is practiced as a graceful form of exercise. Often linked to Asian cultures, Tai Chi involves a series of movements performed in a slow, focused manner and body practice has value in treating or preventing many health problems. And, you can get started even if you are not in top shape or the best of health.

Thinking about Quitting? Need Help Quitting Tobacco?

Join Well Aware Programs: June 16, 2014 – Webinar: How to Read Nutrition Labels

Join Well Aware Programs: June 23, 2014 – Webinar: Food and Exercise: How Can I Eat Right and Move Right?

Join Well Aware Programs: July 14, 2014 – Webinar: How to Find Your Fit: The Foundational Skills in a Healthy Lifestyle

Join Well Aware Programs: July 21, 2014 – Webinar: Reduce Your Risk for Type 2 Diabetes

Join Well Aware Programs: August 4, 2014 – Webinar: How to Find Your Fit: The Foundational Skills in a Healthy Lifestyle

Questions or comments about your employee wellness program? Contact ERSC at 301-738-5175 or mail Well Aware newsletter as a .pdf document, click Outlook calendar reminder. To view this e-newsletter, visit our website.

Thank you, Well Aware Participants, for helping to Make It a Healthier School Year!

We look forward to sharing new and exciting programs with MCPS staff in the fall.