management techniques, healthy weight management strategies, and more. In addition to the with assistance from Kaiser Permanente clinicians and health experts. Discussion topics will employees and their spouses, regardless of whether or not you participate in MCPS employee

It is a fact, men live sicker and die younger than women. Are you looking for a physical activity challenge to keep you active over the summer? Well Aware has got you covered! Join us from June 4:30 classes to be held as follows

Promotes serenity through gentle, flowing movements. Join Well Aware for our ongoing tai chi

If you are looking for a way to reduce stress, consider tai chi. Originally developed for self

You can now get all of the benefits of yoga without all of the worry. Join Well Aware for Seated

Perhaps you assume that to practice yoga you must be super flexible and perfectly calm?

Topics will include: diabetes facts, nutrition and food choices, physical activity, testing do participate in

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes? Join Well Aware and Kaiser Permanente for InSTEP with Diabetes, an eight

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our website

The following 10 schools averaged 88.5 minutes of physical activity per participant per day. This is an increase of

He helps to ensure that students have a healthy environment in which to learn, and encourages them to make healthy choices. n

Jennifer McInroy, Grade 4 teacher and one of Ritchie Park Elementary School

Sally A. White, Grade 2 teacher, said.

The biggest motivation for me is staying fit and healthy, Wayne E. Gregg, assistant supervisor, Bethesda Maintenance Depot

People have come up to me, after a challenge is over, to tell me they can

I love to share what I am doing to stay healthy and hear what others are doing, Sarah L. Porter, Ritchie Park

The biggest motivation for me is staying fit and healthy, Wayne E. Gregg, assistant supervisor, Bethesda Maintenance Depot

At the end of the six weeks, we will

Thank you, Well Aware staff, for making it a fantastic school year!