ensuring that its staff members stay safe and feel supported.

Consider trying Well Aware: an online program that helps staff members assess their stress levels and take steps to improve their mental well-being. Each year, Well Aware offers a new activity that can improve your heart, your mind, and your overall wellness.

Access to Its Recreation Facilities

Did you miss the introductory webinar for the Access to Its Recreation Facilities? MCPS and CareFirst have partnered to give you access to recreation facilities, including swimming pools and gymnasiums. You also are eligible for a 20 percent discount on an annual pool pass for your family members.

Mind/Body Reboot

In many cases, screening can prevent colon cancer by finding and removing polyps before they become cancer. And if cancer is present, earlier detection means a chance at a longer future. This year, March 14 is Colon Cancer Screening Awareness Day. On this day, the American Cancer Society offers free colon cancer screening tests. Those at high risk are encouraged to talk with their health care provider.

The theme for the 2021 National Nutrition Month is Personalize Your Plate. The theme encourages individuals to pay attention to the nutrients in their diet to support their health and wellness.

How will your school or office celebrate the event? Share your ideas with us at Well Aware. We will share your stories on our website and social media.

How will you celebrate National Nutrition Month? Get creative and send us a picture of how you plan to support this month’s nutrition education campaign! Be sure to tag us on social media with #FebWellAware and #MarchWellAware.

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