Welcome to the May issue of the Well Aware eNews!

May Well Aware eNews
Recent studies show that tai chi may help improve balance and reduce the risk of falls in older adults. Tai chi is an ancient tradition that, today, is practiced as a graceful form of exercise. Often, it is used for self-defense, but it can also be used to develop physical strength and flexibility.

How? You can join Walk MD, a program that encourages you to increase your physical activity.

Join Walk MD, Plan Your Virtual Walk

Walk to Work on May 16

manifest ra, life balance expert, transformational speaker, and tai chi and chi gong. She teaches tai chi classes at the Rockville Y and in her home office. She is the author of several books, including The Power of Tai Chi. Tai chi is a form of exercise that combines meditation, movement, and breathing techniques. It is a great way to stay active and healthy.

Winners will each receive a $100 gift card for their efforts. To request a Spirit Award nomination, email wellness@mcpsmd.org. Nominations are due by May 19, 2014.

InSTEP with Diabetes

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The employee wellness newsletter is brought to you by the Employee Wellness Program, which is sponsored by the Employee Wellness and Retiree Service Center (ERSC).

Wellness Champions Keep Their Crews on the Move (And Their Infrastructures Running)

Join Well Aware and Cigna for Tai Chi this Summer

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