Aware others to live their healthiest lives. Ten Spirit Award winners will each receive a fall Zumba or Spirit Award Grand prize winners will be announced in the June 2nd issue of updates in the online enjoying better health and fitness as a result.

Learn more and register for the event stops to the first 14,000 who register and attend. enter a raffle for a chance to win bicycles and other prizes. Free T-get to work. This year than 10,000 area commuters for a celebration of bicycling as a clean, fun, and healthy way to register for the class, control of your health and wellness! Space is limited for the eight week, on

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living Rockville, Maryland 20850 45 West Gude Drive Café 45 4:30 p.m.

May Well Aware eNews

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn

Well Aware, Cigna, and Acacia TV are partnering to offer Montgomery County Public Schools

Wellness Initiatives web page (reducing your contribution by 1 percent), effective January 1, 2016. To get started, visit the

Managing and improving your health has never been easier. When you complete your health

Wellness Initiatives: Have You Completed Your

Health Risk Assessment?

You can measure your blood pressure almost anywhere

To ensure an accurate reading when you take your blood pressure, follow these tips:

- Wear a short

- Sit with your back supported and with both feet flat on the floor.

- Avoid caffeine and smoking 30 minutes before blood pressure reading.

- Ask your health care professional to take your blood pressure reading, discuss what it may

Have your blood pressure checked during your regular healthcare visits.

Many pharmacies offer the use of a machine that will measure blood pressure

You can measure your blood pressure in, you can watch a video of the exercise class for free. Each video is accessible for one week,