Tai Chi

We will continue our tai chi practice throughout the summer. Are you new to tai chi? No problem!Tai chi is a form of Chinese martial art that involves slow, graceful movements and deep breathing. It is great for stress relief and helps improve balance, flexibility, and strength.

Seated Yoga

Seated yoga is a modified version of traditional yoga that is designed for individuals with limited mobility. It is a gentle form of exercise that can help improve flexibility, strength, and balance. Additionally, it is a great way to relieve stress and promote relaxation.

Bike to Work Day Is Coming!

May 17th is Bike to Work Day! Join us as we celebrate this special day and encourage our employees to ride their bikes to work. There will be more than 100 pit stops throughout Washington, D.C., Maryland, and Virginia to serve refreshments and prizes! Your activity and weight loss updates need to be entered in the online Well Aware program to qualify for the prizes.

There is still time to rev your engines and join the challenge. Let the MCPS Grand Prix begin!

Wellness Initiatives: Complete Your Health Risk Assessment

Don't stop now! It's still time to race in the MCPS Grand Prix. Your Turn to Quit for Good! Please register at the Well Aware website. For details on the Health Risk Assessment, click here.

Step into Summer!

Make the most of this month by taking advantage of all the healthy activities offered. It's National High Blood Pressure Education Month; it's May Well Aware eNews; it's Bike to Work Day; it's World Elder Abuse Awareness Day, and the other committee members decided to spend this month learning.

It is important to take time for our health and wellness so we can continue to give our best performance at work. Consider incorporating these wellness activities into your daily routines:

1. Tai Chi and Seated Yoga classes
2. Bike to Work Day
3. Well Aware health screening before October 5, 2018
4. Health Risk Assessment
5. Reading

If you are a member of the school staff, make sure you attend the seminar/webinar—"It's Your Turn to Quit for Good!" Join Well Aware and CareFirst at 10:00 a.m. on May 8th. Learn more about health and about careers in healthcare.

Don't stop now! It's still time to race in the MCPS Grand Prix. Your Turn to Quit for Good! Please register at the Well Aware website. For details on the Health Risk Assessment, click here.