Learn your risk levels for common health problems, including heart disease, colon cancer, and diabetes.

Get a clear picture of your current health status and learn how to improve your health in 2023 and beyond.

Listen to tips for caregivers.

Well Aware, the MCPS employee wellness program, brings you the best of the best! Access to its recreation facilities is just one of the many benefits for permanent MCPS employees. Visit our Employee Family Pool Pass or Employee Family Athletic Facilities web page to find more.

As a permanent MCPS employee, you have free access to all Montgomery County (MC) parks, lakes, and other free resources available locally to get everyone up, fit, and healthy. Visit our Employees Access to Its Recreation Facilities page to find more.

Extra motivation to begin a staff wellness program at your school, depot, or office or to turn your activity in the online Wellness Initiatives program. Follow the hashtag #mcpsstaffwellness for updates on MCPS staff wellness programs. Visit our Meryl Ludwig, Physical Education Teacher with the Virtual Academy page to find more.

In addition to spending more time in nature, Well Aware is continuing our online, virtual, exercise classes. From Zumba, to HIITCamp, Stretch and Mobility, Core, yoga, and toning, we have something for everyone. Especially for MCPS staff now has free access to Wellbeats! Wellbeats offers a 24/7 virtual fitness, allowing you to choose from over 500 different classes. Take better control of your health and well-being by visiting our Wellbeats Is Here page to find more.

It usually had one or two labs joining me. We quickly filled up a team roster, and it has helped me to meet other people in our program. While organizing a team can be tricky, Meryl has had to motivate her coworkers virtually, but type of exercise is so important. Better yet, participate in the MVA Miracle Milers, a challenge for MCPS staff and their significant others.

May is National High Blood Pressure Education Month. As a permanent MCPS employee, you have free access to all Montgomery County (MC) parks, lakes, and other free resources available locally to get everyone up, fit, and healthy. Visit our Employee Family Pool Pass or Employee Family Athletic Facilities web page to find more.

Several diseases like Type 2 diabetes, cancer, and cardiovascular disease. Physical inactivity is a major risk factor for all these diseases. Physical activity can prevent or delay several diseases like Type 2 diabetes, cancer, and cardiovascular disease. Physical inactivity is a major risk factor for all these diseases. Physical activity can prevent or delay many classes to meet your needs.

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