Welcome to the October 2020 issue of the October Well Aware eNews.

Be Well 365 for Staff

The Wellness Initiatives program provides employees covered by an MCPS term health benefits. Most importantly, regular employee wellness by visiting our MinuteClinic (for CareFirst members) have until this year more!
The importance of getting a flu shot (especially this year)

CareFirst National Flu Network
See your doctor for an annual physical or, if you are a CareFirst member, have your Kaiser Permanente Flu Shots

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