Starting on September 7, 2021, employees will compete by taking classes, from any activity can be taken as a group, so you can work out with a friend or family member while seeing the value of the experience. The ultimate goal is to promote a healthy lifestyle and have fun doing it.

Wellness Exemplar Award

This fall, Well Aware is continuing its online virtual live recorded classes for your convenience. The training calendar begins with run/walk intervals and progresses safely and gradually under pressure and meet challenges head on. But stress management is not one to be taken lightly. It is important to have a motivational leader to keep you going.

Join Us for Online Physical Activity Classes

This fall, Well Aware is continuing our online virtual live and recorded classes for your convenience. The classes are designed to improve heart and mind health, help you manage stress, and enhance your quality of life.

Get Ready to Run in this Fall

Running is an accessible, inexpensive, and effective way to improve your health and fitness, especially during times of uncertainty and transition. Check out the upcoming class schedule and attend the webinar: "How to Start Running" presented by Donnu McCollum on Thursday, September 23, 2021.

Quit for Good

As a permanent MCPS employee, you have free access to all Montgomery County (MC) Recreation facilities, including swimming pools and gymnasiums. You also are eligible for a 1 percent discount on your health insurance in 2022 by completing a health risk assessment on your medical plan application.

The Road Ahead

MCPS and Kaiser Permanente are teaming up to help employees develop healthy habits. The training calendar begins with run/walk intervals and progresses safely and gradually to bring you the Road to Health and Wellness webinar. You will learn more about employee wellness by visiting our website. Interested? Contact ERSC at 301-517-0409.

How to Start Running

Join the Run Farther & Faster MCPS Fall Virtual Group Challenge! If we are not healthy, everything suffers, especially during times of uncertainty and transition. Check out the upcoming class schedule and attend the webinar: "How to Start Running" presented by Donnu McCollum on Thursday, September 23, 2021.

Encouraging Each Other

Laurie said that health and wellness are essential for educational staff. She also thinks that health and wellness are essential for educational staff. As a permanent MCPS employee, you have free access to all Montgomery County (MC) Recreation facilities, including swimming pools and gymnasiums. You also are eligible for a 1 percent discount on your health insurance in 2022 by completing a health risk assessment on your medical plan application.

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