Well Aware will offer the following classes this fall to help you stress less:

- Zumba class at John F. Kennedy High School, Silver Spring, Maryland 20902
- Dance Studio at Washington Grove Elementary School, Rockville, Maryland 20850
- Seated Yoga at Carver Educational Services Center, Rockville, Maryland 20850
- 5K Training Program

Effective stress management, on the other hand, helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a

Thinking about Quitting or Need Help With Tobacco Use?

You must register to participate by e-mail Well Aware eNews; see the next page for registration instructions.

The goal for this challenge is to increase your cardiovascular activity. For adults, regular physical activity challenge:

1. You can walk, run, swim, bike, or do any other aerobic exercise.
2. You can count any distance you can comfortably walk at this time.
3. For an example of how to calculate your target distance, refer to the example on the next page.

We have many options to choose from, so please select a distance that you can comfortably complete.

Well Aware has selected the journey to the moon for the goal distance.

Phone: 1-800-539-7674

Instructions for making your attestation will be provided prior to Open Enrollment in the Wellness Initiatives program to have the surcharge waived. See your doctor for an annual physical, attend a Well Aware biometric health assessment, and participate in the Fall Physical Challenge.

How? There are two steps for you to complete by October 5, 2018, to take advantage of the rate reductions in 2019.

1. Complete a Well Aware online health risk assessment by November 2. Non-tobacco users will receive a link in your Outlook mail as well as an Outlook e-newsletter.
2. Within 30 days of completing the assessment, submit the online attestation in the Wellness Initiatives program to have the surcharge waived.

Have You Taken the [Wellness] Initiative for 2019?

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Are you participating in any activity or event with Well Aware?

So how do you participate in the RUN@WORK Day? Simply make time to run or walk for 30 minutes on September 21, 2018, and bring a coworker or family member with you. Present your photo to receive a certificate.

How can you participate in a Virtual Group Program?

Following a successful spring session, the Run Farther & Faster MCPS Fall Virtual Group Training Program will be held from September 16, 2018, to November 8, 2018. The program is open to MCPS employees, parents, and students. Ready to Run? Check Out this fall 5K Training Program.

Participants will receive a comprehensive seven-week training guide, running and training support and running information, as well as e-mail access to certified running coaches.

How do you receive a comprehensive training guide?

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