De Wellness Champion Runs to Register

Wellness Webinar Library

Lynn Tran, an Associate Wellness Coordinator at Carver Education Services Center, will present a webinar on "Yoga and Mindfulness: An Introduction to Meditation."

The webinar will take place on Wednesday, November 6, 13, 20**

Participants will receive a comprehensive seven-week training calendar, weekly e-mails with tips on how to keep your life balanced, with time for work, relationships, relaxation, and fun—and the flexibility to hold activities such as finding running partners.

Ready to Run? Check Out this Fall 5K Training Program

Robinson Room

Rockville, Maryland 20850

The goal is to encourage adults to get 30 minutes of physical activity each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or right after work.

Stress Less This Fall

Min 30 minutes on September 20, 2019, and bring a coworker or family member with you.

Zumba

Carver Educational Services Center

Conference Room 223

Mondays, September 9–December 16 (except holidays)

Mindfulness and Meditation

Mindfulness is a form of meditation that involves being present in the moment, focusing on the breath, or on the body, and releasing stress.

Roxy has advice for MCPS staff looking to get started in a physical activity program. "I've learned that if I can squeeze in a workout in the mornings before school, my energy levels are high throughout the day," Roxy said. "As teachers, we need all the energy we can get.

"I was working during the day, working evenings, and taking online classes, so it was a challenge to gather up the motivation and energy to work out," Roxy said. "Since I'm rather new to Montgomery County, I was in search of something that would get me out into the community and get me physically active. The opportunity to join Well Aware's program showed up to every group run.

Roxy said, "I was very glad to have joined the training program. The program has really helped me reduce stress and relieve stress, and boost your confidence. Whether you have never run or it has been a long time since you have run, this program is for you."

"Do a little more each day," Roxy said. "This is a reminder that each day I need to push through and keep going."

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The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the flexibility to hold activities such as finding running partners.

Welcome to the September issue of the Wellness Webinar Library!

This month's wellness champions, an elementary school ESOL teacher who reduced her stress and reframe from negative self-talk, and celebrate your progress big or small.

Research shows that moving and stretching more often, and in short bouts of time, can stop stress and bring back your energy levels.

Carver Educational Services Center

Mondays, September 9–December 16 (except holidays)

Mindfulness and Meditation

A New Physical Activity Challenge For Fall:

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Minutes in Motion

As an integral part of our lives, exercise is essential to good health and well-being. Exercise helps you maintain a healthy weight, lower your risk of chronic diseases such as diabetes and heart disease, and improve your mood and emotional well-being.

As an MCPS employee, you now have free access to all Montgomery County (MC) recreation facilities, including swimming pools and gymnasiums. You also are eligible for a 20 percent discount on an annual pool pass for your family members.

For more information, contact MC Government at 240-777-6840 or MC Recreation website.

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