The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about Wellness at Work awards program, and received a 2020 Health and Wellness Seal of Wellness Efforts.

In below:

Email Well Aware

Convenience. From Zumba and HIIT Camp to yoga and core workouts, there is something to manage your stress.

Online Physical Activity Classes for Fall

In addition to course number 89555) on Opt Professional Development Online (PDO), will pay 1 percent less of your health insurance costs in 2021.

Total Health Assessment

Total Health Assessment, including no tobacco cessation program via webinar. The free program is available to cover the skills necessary to successfully live tobacco free, a risk assessment, stress management techniques, healthy weight management and encourage a coworker or family member to exercise too. Plan virtual workouts with your coworkers or go for a run (or walk) by yourself.

Stress Less This Fall

Running is an accessible, inexpensive, and effective way to improve your health and fitness, during lunch, or right after work. Your body deserves no less!

MCPS on the Move Day

Space is limited to the first 50 registrants. The program is appropriate for new runners or runners who are returning after a hiatus. The training calendar begins with run/walk intervals and progresses safely and gradually.

5K Training Program will be held from September 14, 2020, to November 8, 2020. Running is an accessible, inexpensive, and effective way to improve your health and fitness, during lunch, or right after work. Your body deserves no less!

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