

MCPS Well Aware presents

# Kickstart Your Immunity

Enhancing the immune system is not a process that can be accomplished through a singular approach. It necessitates an integration of both medical interventions and holistic practices to cultivate a resilient and flexible body. By employing a variety of wellness strategies, individuals can significantly reduce the likelihood of encountering health issues during the viral season and throughout the entire year. This multifaceted approach allows for a comprehensive enhancement of overall well-being.

- **THURSDAY,**  
**SEPTEMBER 25, 2025**  
4:30–5:30 p.m. Webinar

**PLEASE REGISTER** for this webinar by emailing  
**[wellness@mcpsmd.org](mailto:wellness@mcpsmd.org)** for the log-in information.

