

Head Heart and Hands Behavior Change Class Starts Soon

The Head Heart and Hand 12-week wellness program is a comprehensive program of learning and weekly group coaching, designed to help participants prevent/reverse disease, improve their physical and mental health, and lose weight. The class has been a great success!

An MCPS employee had this to say about her experience as a result of taking the class.

“I am feeling healthier all around,” she said. “Not only have I lost 10–15 pounds, but I’m feeling better in my body and definitely have experienced an improvement in my mental and emotional health. I also finally feel like there’s a way forward for me to build a healthy life. Everything I’ve done previously was short term and ultimately not sustainable. After learning what I’ve learned and being coached on how to implement that knowledge, I’m finally feeling like a healthy future is actually attainable for me.”

The program is holistic and targets the root causes of our most common chronic diseases, including type 2 diabetes, high blood pressure, high cholesterol, arthritis, and more, while addressing all aspects of health, including nutrition, sleep, stress, mental health, and mindset. The program is designed to be inspiring and fun, and to give participants the knowledge, tools, and support to lose weight permanently and reach their health goals.

Our fall class starts on September 17, 2026. To learn more, [email Well Aware](#).

Be sure to check out upcoming wellness programs, classes, and resources on the [Well Aware web page](#) and in the [Well Aware Toolbox](#).