

Matters of the Heart with Wellbeats

In February, we celebrate what truly matters—and that includes our hearts. In honor of *Heart Health Month*, Well Aware is highlighting simple, meaningful ways to support your physical, emotional, and overall well-being.

As part of your Montgomery County Public Schools (MCPS) benefits, you have access to Wellbeats Wellness, where you will find supportive fitness, nutrition, and mind-body videos to help you care for your heart in a variety of ways. To help you get started, access Wellbeats via the mobile app or on the [Wellbeats website](#). You will need to register for an account if you haven't already. [Log in](#) with your work email address and code MCPS2022. Once logged in, click the links below for some curated heart-care options:

Fitness:

- [Fun For The Heart](#)
- [Lifting Your Heart](#)

Nutrition:

- [Breakfast: Start Your Day Right](#)
- [Eat Better, Sleep Better](#)

Mind-Body:

- [Meditation of the Heart](#)
- [Forgiveness Meditation](#)