

Pre-Service Week Wellness Opportunities

As we prepare to welcome students back, Pre-Service Week will feature a variety of wellness opportunities designed to help you recharge, learn about resources available through Well Aware, the Montgomery County Public Schools employee wellness program, and start the school year feeling energized.

Throughout the week, staff can participate in activities that support physical, mental, and emotional well-being. Whether you're interested in trying something new or simply taking a few moments to reset during a busy week, there will be options for everyone.

Join Well Aware for a healthy, positive, and successful start to the school year. [Learn more](#) about Pre-Service Week wellness opportunities or copy and paste the URL below into your browser:

<https://docs.google.com/document/d/1HD-jnRkefp20z3vH19j7cYIVJXsRJ8Z6rFN24AMK-8s/edit?usp=sharing>

Looking for additional wellness resources to support your well-being throughout the year? Visit the [Well Aware website](#) and explore the [Well Aware Toolbox](#).