

Upcoming Behavior Change Classes from Well Aware

This fall, Well Aware will offer two engaging behavior change classes designed to help you build healthy habits that last. Through practical strategies, goal-setting, and ongoing support, these sessions will empower you to make meaningful, sustainable changes.

The Head Heart and Hand Program

This 12-week wellness program focuses on learning and weekly group coaching, designed to help participants prevent/reverse disease, improve their physical and mental health, and lose weight. 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 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. Classes are weekly, virtual, and about 45 minutes long.

Beyond the Cuff: The New Science of Mastering Your Blood Pressure

Have you been told that rising blood pressure is just a normal part of getting older? Or that your only options are cutting out salt and logging hours on a treadmill? It's time to rewrite the rules.

In this eye-opening 3-part series, we are moving past outdated advice, to explore cutting-edge science that goes way beyond "eat less sodium", including:

- The Insulin Connection: How managing blood sugar naturally relaxes your blood vessels.
- The Potassium Balance: Why adding specific foods is more powerful than restricting others.
- The Gut-Heart Axis: How your microbiome acts as a natural blood pressure regulator.
- Vascular Inflammation: How cortisol levels and sleep patterns affect your arteries, and simple ways to hit reset.

High blood pressure is often called the "silent killer," but managing it shouldn't mean a lifetime of restrictive diets or confusing prescriptions. While medications are important tools, they aren't the only way to lower your numbers.

Designed specifically for the busy lives of MCPS staff, this series demystifies your numbers, explains how medications actually work, and provides simple, powerful guidance to help you take control of your vascular health. Whether you are currently taking medication, monitoring a creeping number, or simply looking to protect your future health, this series will equip you with tools to naturally support healthy blood pressure without adding to your daily to-do list.

To learn more and register for either or both programs, [email Well Aware](#).