

***Create Your Calm* with Wellbeats Wellness**

Permanent MCPS employees have access to Wellbeats Wellness where you can find many programs and classes geared towards mind-body connections. The Wellbeats *Create Your Calm* program invites you to pause, breathe, and reconnect with your inner strength. Each activity is designed to help you manage stress, restore balance, and build emotional resilience—on your terms.

Create Your Calm will guide you to experience—

- Meditation and Breathwork
- Gratitude and Reflection
- Body Awareness
- Sound and Stillness

Ready to create your own calm? Access Wellbeats via the mobile app or on your internet browser. Log in with your work email address. See this [flyer](#) and [calendar](#) to learn more.

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