

MCPS Well Aware presents

10 Habits of Healthy People

Simple lifestyle changes can make a big difference in disease prevention and overall health. Explore the 10 habits that healthy people practice the most, and learn how you can easily incorporate these actions into your life.



- **WEDNESDAY,**
JANUARY 24, 2024
4:30 – 5:30p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

