

MCPS Well Aware presents

Avoiding Energy Vampires

Is there a noticeable decline in your energy levels as the day advances? It is important to recognize that you should not experience significant energy fluctuations or a continuous decrease over time. Instead, sustaining a stable energy level throughout the day is crucial for optimal performance. Explore methods to develop a dependable source of energy that does not depend on regular consumption of stimulants and will help you avoid energy draining practices known as “energy vampires.”



- **TUESDAY,**
JUNE 17, 2025
4:30–5:30 p.m. Webinar

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

