Welcome to the February issue of the eNews!

This month we highlight the work done by the Harmony Hills Wellness Committee! The Wellness Committee is working hard to promote its Wellness events and activities. Every Wednesday, the committee sends an email to staff with wellness activities, helping to promote wellness initiatives by highlighting them in the Bulletin.

The wellness team is continually looking to gather our coworkers' ideas and opinions and are always open to suggestions for new initiatives or programs. Kyle said, "We certainly have the support from the top, which has led to our success, and we're looking forward to continuing this momentum by providing our employees with the best work environment to help them achieve their goals and well-being." We currently have the following initiatives in place:

1. Diabetes Management Program
2. Flights to Fitness
3. Become Fitter Together

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more by visiting our website.

If you have any questions or suggestions, please contact the Employee and Retiree Service Center at (301) 891-7000 or email them at ersc@mcps.k12.md.us.

The Best Time to Quit

Did you know that most heart attacks occur early in the morning? The body temperature is at its highest, but at the same time, the heart is weaker because of a lower oxygen supply. This combination increases the risk of a heart attack.

For more information about the best time to quit smoking, visit www.quitnow.gov.

Worksite Intervention Ask to Keep Your Numbers

Diabetes Management Program

As announced in the Bulletin, the work done by representatives from the classroom, the health room, and its Linkages Center is highlighted.

The benefits of physical activity for students throughout the school day are many, however. AHA tells us that when implementing action items, the benefits of physical activity for students throughout the school day are many, however. The classroom, the health room, and its Linkages Center are working hard to promote these initiatives.

But do you know the heart health numbers that could literally save your life? Healthy numbers include:

- Blood pressure ≤ 120/80
- Total cholesterol ≤ 200
- HDL cholesterol ≥ 40
- Triglycerides ≤ 150
- HbA1c ≤ 7%

The benefits of physical activity for students throughout the school day are many, however. The classroom, the health room, and its Linkages Center are working hard to promote these initiatives.

As announced in the Bulletin, the work done by representatives from the classroom, the health room, and its Linkages Center is highlighted.

We certainly have the support from the top, which has led to our success, and we're looking forward to continuing this momentum by providing our employees with the best work environment to help them achieve their goals and well-being.

The wellness team is continually looking to gather our coworkers' ideas and opinions and are always open to suggestions for new initiatives or programs. Kyle said, "We certainly have the support from the top, which has led to our success, and we're looking forward to continuing this momentum by providing our employees with the best work environment to help them achieve their goals and well-being."

We currently have the following initiatives in place:

1. Diabetes Management Program
2. Flights to Fitness
3. Become Fitter Together

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more by visiting our website.

If you have any questions or suggestions, please contact the Employee and Retiree Service Center at (301) 891-7000 or email them at ersc@mcps.k12.md.us.

The Best Time to Quit

Did you know that most heart attacks occur early in the morning? The body temperature is at its highest, but at the same time, the heart is weaker because of a lower oxygen supply. This combination increases the risk of a heart attack.

For more information about the best time to quit smoking, visit www.quitnow.gov.

Worksite Intervention Ask to Keep Your Numbers

Diabetes Management Program

As announced in the Bulletin, the work done by representatives from the classroom, the health room, and its Linkages Center is highlighted.

The benefits of physical activity for students throughout the school day are many, however. AHA tells us that when implementing action items, the benefits of physical activity for students throughout the school day are many, however. The classroom, the health room, and its Linkages Center are working hard to promote these initiatives.

But do you know the heart health numbers that could literally save your life? Healthy numbers include:

- Blood pressure ≤ 120/80
- Total cholesterol ≤ 200
- HDL cholesterol ≥ 40
- Triglycerides ≤ 150
- HbA1c ≤ 7%

The benefits of physical activity for students throughout the school day are many, however. The classroom, the health room, and its Linkages Center are working hard to promote these initiatives.

As announced in the Bulletin, the work done by representatives from the classroom, the health room, and its Linkages Center is highlighted.