To view this eNews as a .pdf document, click here. For questions or comments about your employee wellness program, contact ERSC at 301-952-3969. For more about employee wellness, visit our website. The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn about quitting, visit the MCPS Wellness Initiatives program and related screenings Well Aware is offering to MCPS staff.

Quit for Good is a free, course ended. That's a significant accomplishment! Since Kaiser Permanente and MCPS first teamed up to make healthy lifestyle changes, they have seen big results. And it's more than smoking cessation. Quitting can increase the quality of life for you and your family. What's more, it can result in long-term health benefits. Starting a new year is the perfect opportunity to achieve your goals. Make healthy lifestyle changes this year and you could win big prizes. See further details.

To set smart goals and see how 2015 can be your best year yet!

Motivation, support, and accountability can be the key to achieving your health and wellness goals. Keep track of your progress with the MCPS Wellness Initiatives program.

Inspired by her coworkers' hard work during the Just 10 challenge, Amanda established the Mission Slimpossible team. The winners are: Team Eyler (Robert Frost Middle School: Matthew P. Augustin). The winners are: Team Eyler (Robert Frost Middle School: Matthew P. Augustin). The winners are: Team Eyler (Robert Frost Middle School: Matthew P. Augustin).

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