

Reduce Stress. Get Active. Live Healthy.

Join Paint Branch staff members for Wellness Wednesday events!

Wednesdays // 2:45 - 3:15 PM (begins 9/26)

This alternative method of practicing mindfulness engages your brain and body in a focused, therapeutic and calming activity. Coloring is a wonderful way to combat stress.

Led by Audrey King and Rashemah Stridiron // Meet in PTR



Wednesdays // 2:50 - 3:45 PM (begins 9/12)

This co-ed group exercise class is designed to improve fitness through intense bursts of strength and aerobic activity.

Led by Cecilia Chivers // Meet in Dance Studio

Wednesdays // 2:45 - 3:20 PM (begins 9/12)

Rain or Shine. Inside or Out. Fast or Slow.

Walk your way to better physical and mental health!

Led by Kim Feher // Meet under the Grand Staircase



MCPS has joined Healthiest Maryland Businesses to further promote health and wellness throughout the school system.

MCPS Physical Fitness Challenge

Most people see exercise as all or nothing, but truthfully all it takes is a few minutes per day to start a habit. This fall, take that small step with a 10 week physical activity challenge. [Click here for info.](#)



Also, try the MCPS Well Aware Fitness Log online!
www.wellawarefitnesslog.org/Login.aspx



PB Social Hour ... Food, Folks & Fun

Cheers to coworkers and conversation at a local restaurant!

DATES / TIMES and LOCATIONS coming soon :)

Please consider contributing to our
Staff Social Dues :)