

Stay Active, Stress Less, and Explore Well Aware Resources This Summer

Summer is a great time to invest in self-care. Focusing on your health and wellness now can make it easier to maintain healthy habits when schedules become busier in the fall.

Looking for physical and mental wellness classes? From Zumba and yoga to tai chi, Well Aware offers live, virtual, and recorded options to help you get and stay fit this summer.

Looking for additional health and wellness resources to support your personal wellness journey? Explore the [Well Aware Wellness Toolbox](#)! The toolbox includes physical and mental health resources, exercise and mindfulness classes, and tools to help improve sleep, nutrition, and more.

Well Aware programs are a free benefit for all staff in Montgomery County Public Schools. Visit the Well Aware Wellness Toolbox to discover self-care resources that fit your needs this summer.