

## October Well Aware eNews

Welcome to the October issue of the Well Aware eNews! Read on to learn about—

- this month's wellness champion, who expanded her personal wellness efforts by learning to run safely during a 5K training and then running a triathlon;
- a seminar/webinar introducing women to the benefits of strength training;
- how you can move, lose, or maintain with Just 10;
- when and why you should wear pink; and
- more!

## Wellness Champion Learns to Run Safely, then Tackles a Triathlon



### Judith Artman, ESOL Resource Teacher Wheaton High School

Judith Artman, ESOL resource teacher at Wheaton High School, always has been

interested in being healthy. She loves to cook and eat from her garden and the local farmers' market. She also likes to spend time outdoors engaged in physical activity. When Well Aware began encouraging staff to increase their activity, she gladly joined in.

"For the past two years, my coworkers and I have participated individually and as teams in MCPS wellness activities," Judith said. "Many of my coworkers are continuing these activities even after the contests are over."

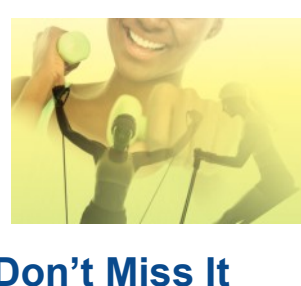
In addition, Judith signed up for and ran a triathlon even though she had never run before. She found just the support she needed after learning about Well Aware's 5K summer training program and deciding to participate. The program provided the opportunity to run with a group while learning strategies to lower the risk of injury.

"I didn't expect to like running because it seemed like it would be so hard," Judith said. "The big surprise is that I love it! I would encourage others to try it even if they don't think it is their thing."

Living a healthy lifestyle helps Judith feel great, burn off stress in a productive manner, and have tons of energy. To her, physical activity is well worth it.

"It is much easier to finish a triathlon if you are fit," Judith said. "I hope that even more MCPS employees decide to participate in Well Aware contests and activities and make healthy living a life-long habit."

Do you know an MCPS wellness champion? Send your stories to [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).



## Don't Miss It

**This month's free seminar/webinar—**

### Women & Weight Training

Women often avoid muscle-strengthening equipment for fear that they will overdo it, either by developing larger muscles than intended or by doing it wrong and hurting themselves. With proper knowledge and training, however, these fears are unnecessary.

This seminar/webinar will introduce you to the benefits of strength training and teach proper techniques for using free weights, strength machines, and exercise tubes/bands.

#### Tuesday, October 8, 2013

Randolph Bus Depot Lounge  
1800 Randolph Road  
Silver Spring, Maryland 20902  
10:00–11:00 a.m.

#### Tuesday, October 15, 2013

Webinar  
4:00–5:00 p.m.

#### Thursday, October 17, 2013

CESC Cafeteria  
850 Hungerford Drive  
Rockville, Maryland 20850  
4:30–5:30 p.m.

#### Tuesday, October 22, 2013

Shady Grove Bus Depot  
16651 Crabbs Branch Way  
Rockville, Maryland 20855  
10:00–11:00 a.m.

Please register for the seminar/webinar by e-mailing [Well Aware](mailto:wellness@mcpsmd.org) with the date and time you plan to attend. If you register for the webinar, you will be sent a link to it as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). See [archived webinars](#).

Presented by:



MOVE • LOSE • MAINTAIN

## Move, Lose, or Maintain With JUST 10!

Get moving, losing or keep on going! The Just 10 Challenge begins Monday, October 7, 2013, and there is still time to find a team and register.

The focus of this activity challenge is to motivate our entire staff to be physically active. Whether your goal is to start exercising, lose weight, or maintain your fitness in the activity or program you are already in, this challenge is perfect for you! Participation prizes will be given weekly, and grand prizes will be awarded at the end of the 10-week challenge.

Participation is easy! All you need to do is live an active lifestyle, and log your activity into the [Well Aware Online Fitness Log](#). More information on the challenge rules and prizes can be found on the [Just 10 Challenge web page](#).

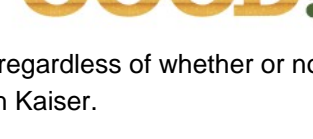
Dust off your walking or running shoes, and get ready for a fun challenge!

## EAP Depression Screening to be Held

The MCPS Employee Assistance Program (EAP) will conduct free screenings for depression, anxiety disorder, bipolar disorder, and posttraumatic stress disorder from 9:00 a.m.–5:00 p.m. on Thursday, October 10, 2013. The screenings take less than 30 minutes and are available for all MCPS employees and their immediate family members. To schedule an appointment, please call the EAP at 240-314-1040.

## Another Chance to Quit For Good

MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program.



The free program is available to employees and their spouses regardless of whether or not you participate in MCPS employee benefits or if you participate with Kaiser.

The next Quit for Good session begins Wednesday, October 23. Meetings occur weekly for eight weeks and are held at 4:30 p.m. in the Maple Room at 45 West Gude Drive, Rockville. You must register to participate by e-mailing [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).

The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Class discussions will cover the skills necessary to successfully live tobacco-free and topics will include risk assessment, stress management techniques, healthy weight management strategies, and more.

In addition to class meetings, participants will receive support through a help line, peer sponsors who understand what it takes to quit, and other resources. Learn more about the program by visiting the [Well Aware website](#).

## Light the Night Walk: Leukemia and Lymphoma Society

MCPS Health and Physical Education Curriculum staff lost a dear coworker, Jane Harkaway, to her battle with leukemia in October 2012. This year, they invite you to join them as they walk in her memory to honor her life at the Leukemia and Lymphoma Society's "Light the Night Walk" to raise money for blood cancer therapies and treatment advances.

"The Light the Night Walk is a way to remember our coworker, pay respect to her legacy by being physically active in the walk, and raise money to support leukemia research," said Cara Grant, supervisor, PreK–12 Health and Physical Education. "It's a very small way to show how much we continue to care about her and appreciate all the mentoring she gave."

To join Well Aware and Health and Physical Education Curriculum staff on October 12, 2013, click [here](#). Select **Join a Team** and then click **NEXT**. Search by team name, **MCPS Employee Wellness**. From there, fill out your registration information. Details will follow on where to meet our group on the night of the walk. Questions? E-mail [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).

"I encourage others who knew Jane to participate as well as those who know a survivor or someone else who succumbed to the illness," Cara said.

## Show Your Support for Women's Health—Wear Pink on October 25

October is Breast Cancer Awareness Month, which is an annual movement to increase awareness of the disease and the importance of prevention efforts. Each October, we urge the women in our lives to schedule time for preventive screenings like monthly breast self-checks and annual mammograms.

We also can take this time to remind our friends and coworkers that living a healthy lifestyle can help prevent breast cancer. Studies have shown that lifestyle changes decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk:

- Limit alcohol
- Quit smoking
- Control your weight
- Be physically active

Join Well Aware by showing your support for women's health. Wear pink on Friday, October 25, 2013. You may share photos of your coworkers in pink by e-mailing them to [Well Aware](mailto:wellness@mcpsmd.org).

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our [website](#). To view this e-mail newsletter as a .pdf document, click [here](#).

Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).