



The 2022 Summer of Wellness was a huge success thanks to your active participation and engagement! We enjoyed several events and activities with you and your family members. Check out the pictures and video below to relive the Summer of Wellness!

## August 2022

On Saturday, August 6<sup>th</sup>, Level Up hosted the **Family Field Day and Wellness Expo** at Montpelier Farms. More than 750 employees and family members came out to enjoy fun wellness activities, free food and giveaways, a live DJ, and to meet with Prince George’s County benefit vendors and partners. Click the [video](#) to see some great moments from the event!



## July 2022

On Friday, July 15<sup>th</sup>, Level Up hosted a **Drive-in Movie and Mini Field Day** at Prince George’s Community College. We welcomed 250 participants to our outdoor movie event, showing Minions (2015) and featuring a variety of wellness activities for kids of all ages, free Chick-Fil-A meals, and free popcorn from BiggPoppa Popcorn.





## June 2022

In June, Level Up provided you—and your family and friends—with an opportunity to elevate your total well-being by joining [BurnAlong](#). Employees can join this online fitness and wellness platform at no cost. In addition, each employee receives four (4) free subaccounts that can be shared with friends and family members. There's still time to get your free BurnAlong account—visit [join.burnalong.com/pgcounty](https://join.burnalong.com/pgcounty) to sign up!

# burnalong™

## Questions or Comments

Level Up sent post-event surveys to attendees throughout the summer. However, if you have any ideas or suggestions for events, activities, webinars, or resources, please contact [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us). You can always contact us with questions. Hope you had a great summer!

Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive, Suite 245  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

