



# Wellness Champions Meeting

June 17, 2026

# AGENDA

Welcome

Level Up News & Updates

Welcome New Wellness Champions

Cigna ~ Quintunya Chapman-Hamilton

Show & Tell

*May this summer  
bring you...*

Sunshine that make you glow

Smiles that never get old

Breezes that kiss your face

Waves that wash your worries away

Memories that never fade

OurMindfulLife.com



**SUMMER  
VIBES**

 Be The Sunshine 

# The Summer of Wellness

**Level Up**  
Elevate your total wellbeing.

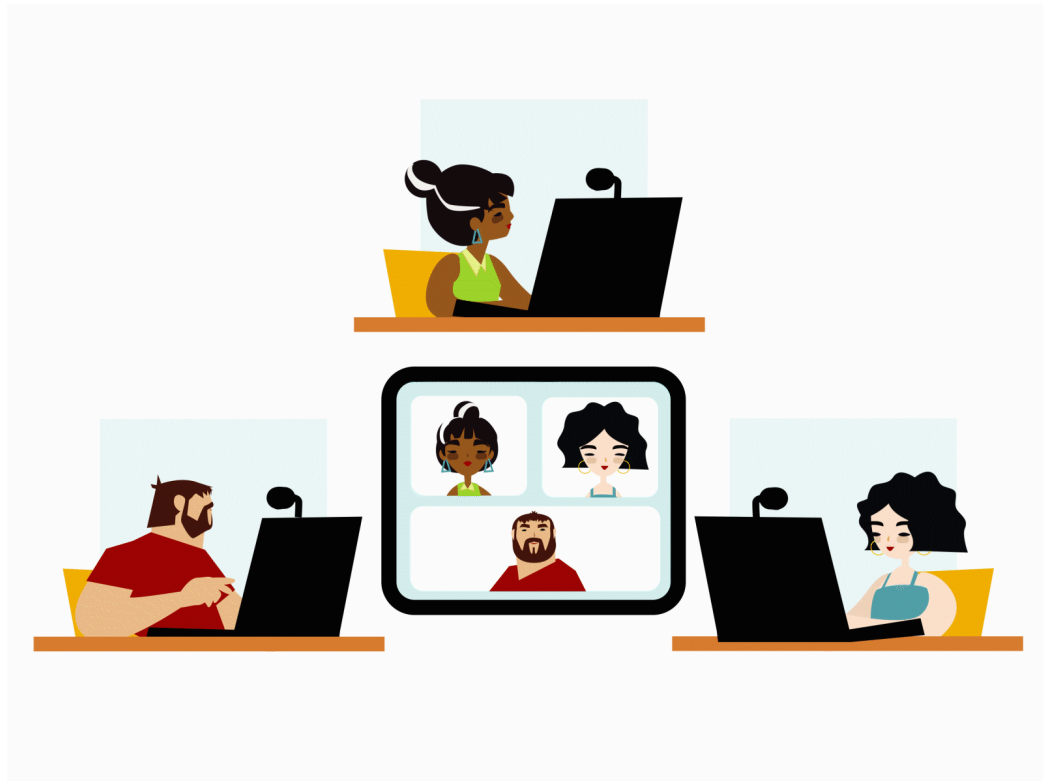
**OHRM** Office of Human Resources Management



## Wednesdays at Noon

- June 17 – Guided Stretch
- July 1 – Habit Management For A Healthy You
- July 15 – Metabolism Makeovers

 [Check your inbox for details!](#)



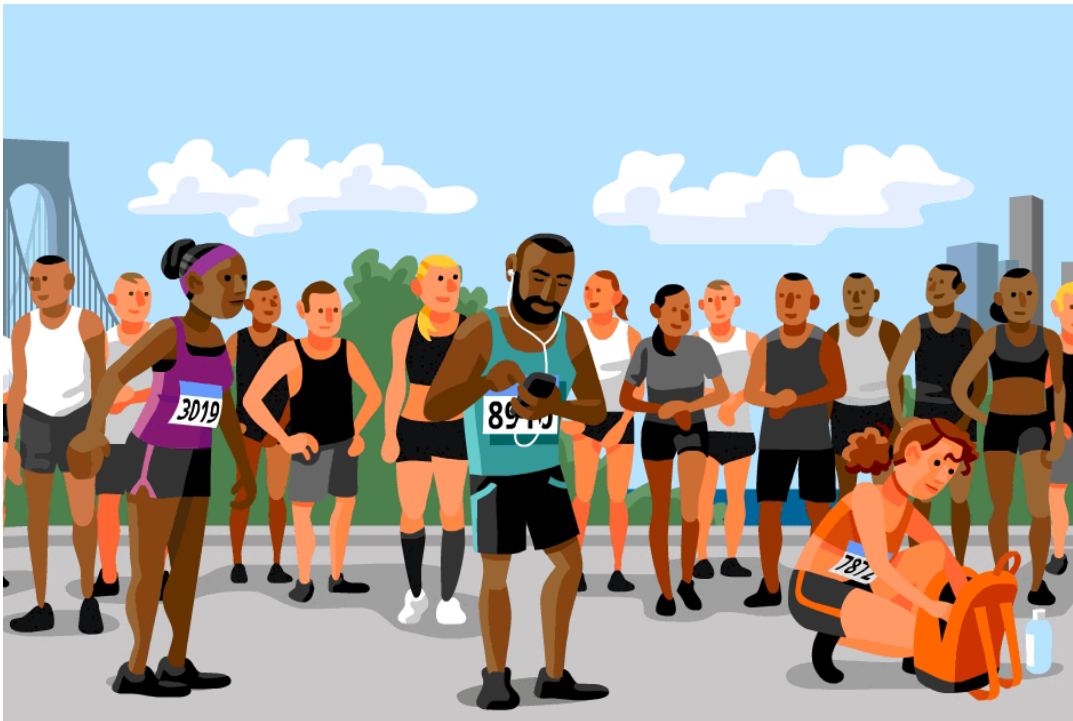
# The Summer of Wellness

**Level Up**  
Elevate your total wellbeing.

**OHRM** Office of Human Resources Management



## July 25 at Rosecroft Raceway



# 5K

🌟 **CONGRATULATIONS ~ Shannon Thorton** 🌟



# Welcome NEW Wellness Champion

- Curtis Holloway ~ Office of Human Resources Management



# Men's Health Month

June 2026 | Q3 Wellness Champion Network

Quintunya Chapman-Hamilton  
Dedicated Wellbeing Strategist



# Why Men's Health Matters

## 5.3 Years Shorter

Average lifespan gap between men and women in the U.S., with leading causes of death falling in preventable categories.

## 4x Higher Suicide Rate

Men die by suicide at nearly four times the rate of women. Heart disease, cancer, and unintentional injuries are the top three causes of death.

## 42% Treatment Rate

Only 42% of men with mental health issues receive professional care, compared to 57% of women.

Sources: National Center for Health Statistics (2025); National Institute of Mental Health (2024); CDC Mortality Data (2024)



# Mental Health: Breaking the Silence

## Warning Signs in Men

Symptoms may look different than expected:

- Irritability or anger rather than sadness
- Increased alcohol or substance use
- Fatigue or difficulty concentrating
- Physical symptoms (headaches, digestive issues)
- Risk-taking or escapist behaviors
- Loss of interest in work or hobbies



## The Challenge

Nearly 1 in 5 adult men experience a mental illness each year, yet cultural expectations often discourage men from seeking help.

60% of men with mental illness delay help-seeking due to stigma, and 45% avoid treatment because they fear being labeled “weak.”

Men often delay seeking treatment for an average of 11 years after symptom onset.

# Preventive Screenings by Age

Regular screenings support early detection and can help minimize future health risks



## Ages 18–39: Building the Foundation

Blood pressure annually | Cholesterol every 4–6 years | Depression screening | STI screening based on risk

## Ages 40–49: Screening Intensifies

Diabetes screening (HbA1c) | Colorectal cancer screening starting at 45 | Cardiovascular risk assessment

## Ages 50–64: Peak Screening Period

Lung cancer screening (if smoking history) | Prostate cancer discussion with doctor | Hepatitis C one-time screening

## Ages 65+: Ongoing Vigilance

Abdominal aortic aneurysm (if ever smoked) | Falls risk assessment | Cognitive screening | Annual hearing and vision

# Wear Blue Day

**June 19, 2026**

**Wear blue to raise awareness for men's health.  
Pair the day with a message from leadership  
reinforcing why preventive care matters.**



# Toolkit Resources and Next Steps

## Employee-Facing Resources

- Preventive Health Information
- Let's Talk About Prostate Cancer
- **Wellness Checklist for Men**

## Digital Resources

- Post-Traumatic Stress Disorder
- Breaking the Silence: Masculinity and Generational Cycles (35 min.)
- Guide to Loneliness

## Actionable Tips for Wellness Champions

- Offer onsite preventive screenings to help close gaps
- Encourage employees to visit local farmers markets for seasonal produce
- Plan a Wear Blue Day event on June 19th



## Explore the June Vitality Toolkit

This monthly Vitality e-card brings the 2026 Cigna Healthcare® Well-Being Resource Calendar to life with practical tips and resources to help you plan impactful well-being communications and events for the month of June.



# Quarterly All-Stars

Wellness Champions who met their goals for Quarter 3 (April - June):

- Dept. of Social Services – Na’Pre Anderson
- Police Department – Laura Perret
- Dept. of Family Services – Autumn Francis
- Office of Mgmt. & Budget – Belinda Moore
- Fire/EMS Dept. – Levi Carson Jr.
- Housing Authority – Janaé Lattimore & Alana Speed-Harris
- Health Dept.– Shannon Thornton & Myra Ball
- Circuit Court – Davida Sylvain
- State’s Attorney’s Office – Alana Gayle & Jasmin Hill
- Dept. of the Environment – Lorraine Jones
- Office of Finance – Tammie Milliner
- Office of Procurement – Cheryl Morris
- Soil Conservation – Terry Hampton
- Dept. of Public Works & Transportation – Susie El-Tayef
- Office of Ethics & Accountability – Roslyn Walker
- Office of Homeland Security – Lisa White

## Wellness Champion Quarterly Goals:

- Host wellness activities
- Distribute/promote wellness resources & information
- Attend meetings

**THANK YOU!**

Wednesday,  
May 20<sup>th</sup>  
11am – 3pm



# LET'S GET MOVING WELLNESS EVENT

ZUMBA & Line Dancing  
11am – 3pm  
Room SC124 (1<sup>ST</sup> Floor)

Rejuvenating Massages  
11am – 3pm  
Room SC124 (1<sup>ST</sup> Floor)

Aromatherapy Scent Lab  
11am – 3pm  
Room SC124 (1<sup>ST</sup> Floor)

**Level Up**  
Elevate your total wellbeing.

Contact Myra Ball or Shannon Thornton for More Details

HHS Building, 9187 Central Avenue,  
Capitol Heights, MD

This Event is for Health Department Employees ONLY





Cheverly Health Center  
3003 Hospital Drive,  
Cheverly, MD 20785  
Outside Conference  
Room 1088

Thank you for the free massage and goodies! I really enjoyed it! ~Susamma Puracken @ Cheverly Health Center

Rejuvenating Massages  
11am – 3pm

Wednesday,  
May 20<sup>th</sup>  
11am – 3pm



# Aromatherapy Scent Lab



**Level Up**  
Elevate your total wellbeing.



# LET'S GET MOVING WELLNESS EVENT

## 15 Minute Zumba & Line Dancing Schedule

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11:00am

11:30am

12noon

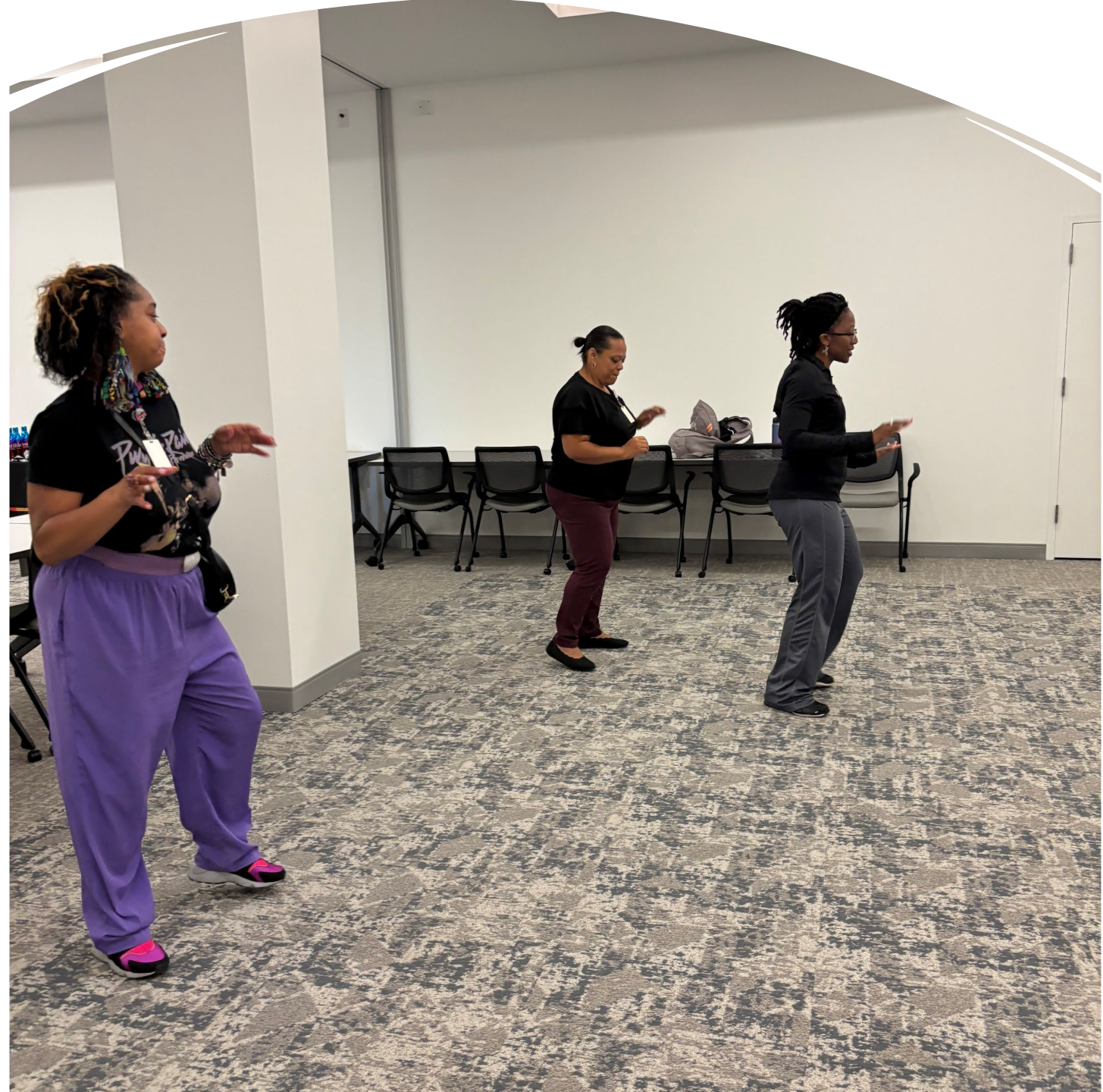
12:30pm

1:00pm

1:30pm

2:00pm

2:30pm





# State's Attorney's Office

Mental Health & Wellness Day

Friday, May 1<sup>st</sup> 2026



Breakfast & Lunch  
Provided by  
Panera Bread



# FX Well

- *Zen Garden Desk Decor*
- *The Path to Self-Discovery*
- *Check in & Chill Out Booth*



*Team SAO making Zen Gardens and enjoying much needed relaxation!*



**Level Up**  
*Elevate your total wellbeing.*



Thank you Level Up!

#TEAM SAO

Alana Gayle & Jasmin Hill

# HEALTHY CHOICES

VEGETABLE ALTERNATIVES

**Lisa White ~ OHS**



# SELECTIVE INGREDIENTS



Greens



Protein



Dressing



FOOD  
THAT  
FUELS



Shareable garden  
makes for a great social



The background of the entire image is a repeating pattern of stylized green leaves and branches on a white background. The leaves are arranged in a dense, symmetrical pattern that covers the entire frame.

HEALTH IS WEALTH

The background of the entire image is a black and white checkered pattern, similar to a racing flag, which is distorted with a wavy, undulating effect. The text is centered on a solid black background.

# OFFICE OF FINANCE

The Amazing  
Race

One Team. Countless  
Victories.



Navigating Any  
Challenge Like Pros





The only detour we took was toward greatness.





Pit stop memories

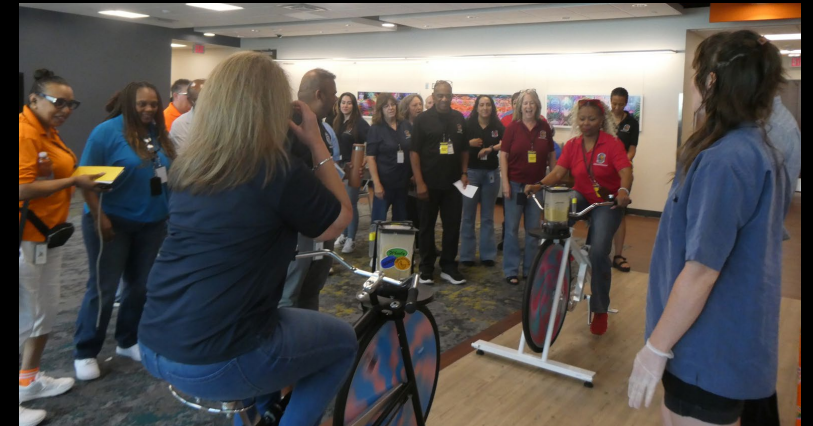


No roadblock is too big for this crew.









The Best Teams Don't  
Race Against Each Other,  
They Race Together.

From Starting Line  
to the Finish Line  
Thank You!

# PGPD HEALTH FAIR MAY 13, 2025



# GOALS



- Health screenings – First responders are at much greater risk for hypertension, heart disease, stroke, diabetes, cancer, and suicide
- The average life expectancy for a police officer in the US is 53.7, in contrast to 79 for the general population
- We lost 7 active duty PGPD officers in the past 12 months due to these medical conditions

# FAIR BOOTHS



- Mobile Health Van
- Level Up
- PGPD Psychological Services Division
- Cigna, Kaiser, Aetna, EAP
- Food on the Table
- Wheely Good Smoothies
- DJ
- Cryotherapy
- Massage Therapy
- Wellness Wheel Trivia

# FAIR BOOTHS



- Movement Screens with Rehab2Perform
- FOP Lawyers providing Wills and Advanced Directives
- LifeMed Institute
- Plank Challenge – Congratulations to Sgt. Parker, 5 minutes 55 seconds

# ATTENDANCE



- Chief of Police, Assistant Chief, Deputy Chiefs and many other supervisors
- Patrol Officers
- Investigators
- Crime Scene Technicians
- Civilian Support Staff
- Sheriff, Corrections, Public Safety Communications, and Fire were also invited



# FEEDBACK



- Much needed break from desk
- Stress relieving
- Mini reunion of coworkers that are usually on different shifts/work locations
- Lots of useful information
- Delicious smoothies and salads
- When is the next one?/Can this be an annual event?



# Family Division Scavenger Hunt Spring 2026

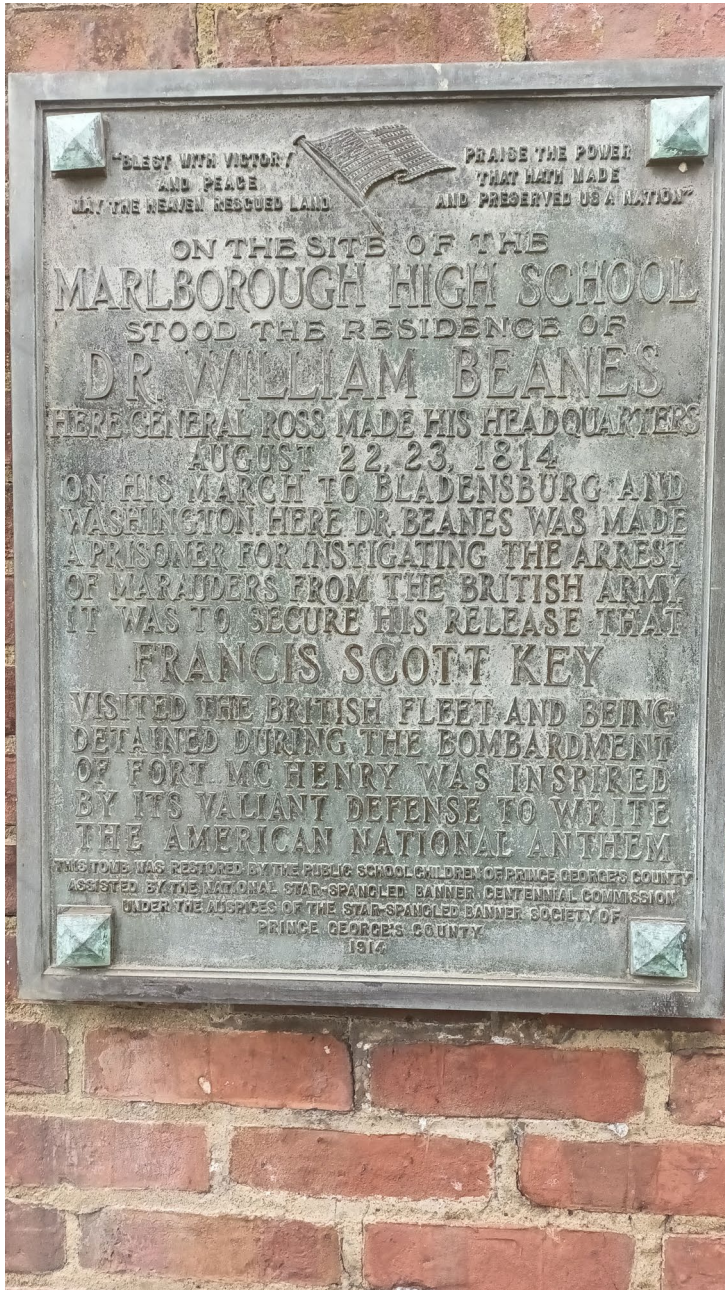
Created by Family Division Wellness Committee



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## WHY

- Spring is a time to shed the winter inactivity
- May is mental health month: opportunity to incorporate some good mental health practices
- New purpose- Get out and enjoy the sunshine while learning about history and finding interesting sites in the area



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Scavenger hunt was created by brainstorming and AI: it included locations both inside and outside the courthouse

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Goal was to complete 6 of the 10

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Everyone received something if participated

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<b>Flexibility</b>	<b>Tomb of Dr. Wm. Beanes 14701 Gov. Oden</b>	30-second hamstring stretch while reading the plaque.	[ ]
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<b>Gratitude</b>	<b>Darnall's Chance</b>	Stand on the lawn and name 3 things you are grateful for.	[ ]
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<b>Mindfulness</b>	<b>The Trinity Church 14515 Church St.</b>	Identify 3 things you see, 2 things you hear and one you feel.	[ ]
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# Sites on Hunt

- Schoolhouse Pond
- Trinity Church
- Darnall's Chance Museum
- Tomb of William Beanes
- Register of Wills Office
- World War I Monument





Thank you Level Up!





**The Office of Procurement**  
**April – June**  
**2026**

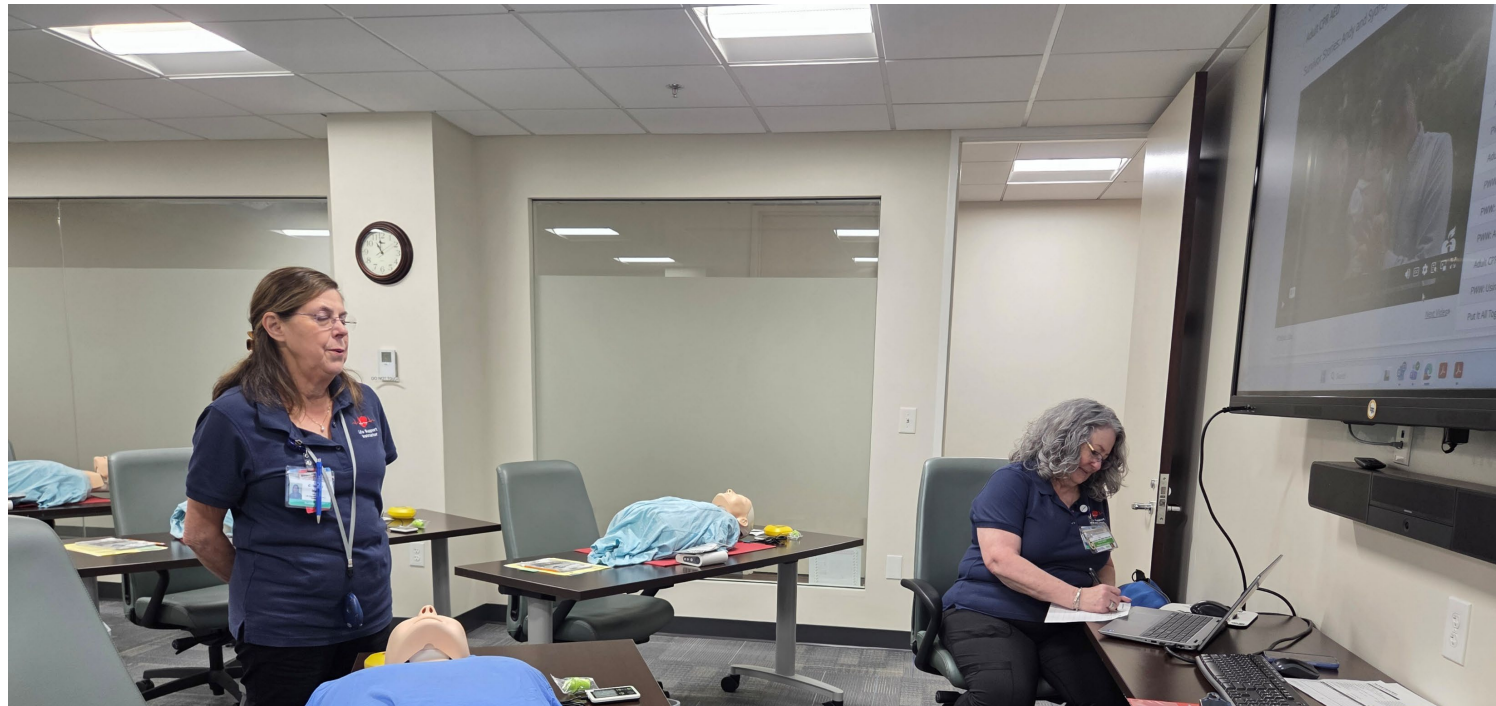
**Mind, Body & Wellness**


# CHAIR YOGA

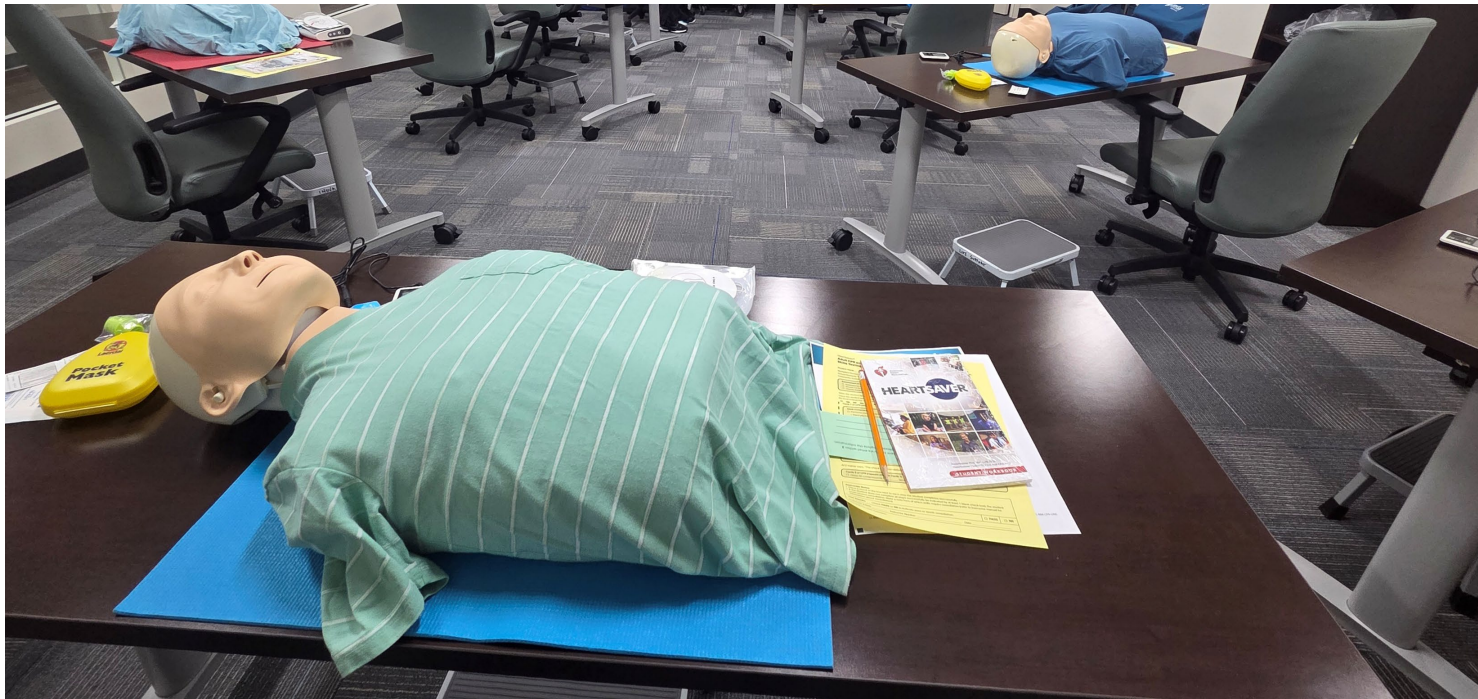
April 8th



PRINCE GEORGE'S COUNTY OFFICE OF  
**PROCUREMENT**  
CONTRACTING  
CERTIFICATIONS  
COMPLIANCE

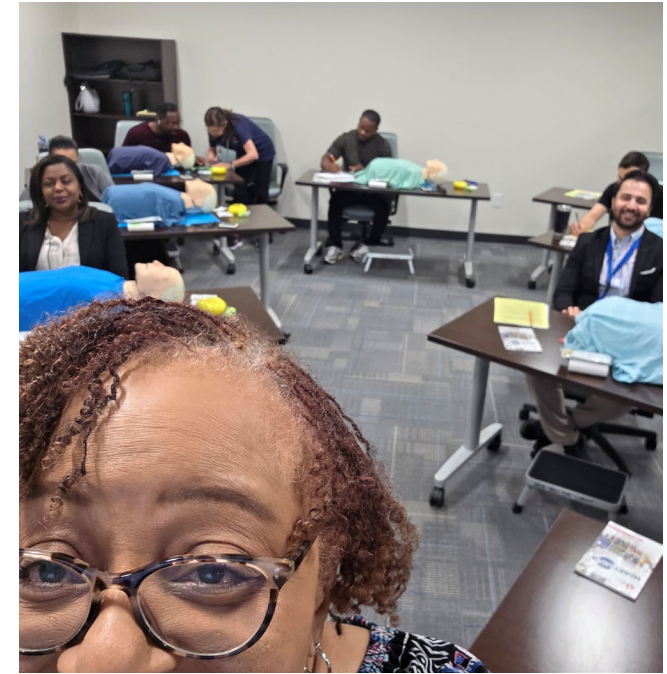


 **EVERY SECOND  
COUNTS: CPR  
CERTIFICATION DAY  
- MAY 13TH**



# "FUTURE LIFESAVERS AT WORK!"

- Building confidence through hands-on training.
- Learning skills that matter."





## Did You Know?

CPR Quick Facts

❤️ CPR can double or triple survival rates.

🚑 Immediate action saves lives.

⚡ AEDs are designed for everyday people to use.



The background features a soft, light pink watercolor wash. The corners are decorated with watercolor-style floral illustrations. The top-left and bottom-right corners have large pink flowers with dark green leaves and small yellow buds. The top-right and bottom-left corners have smaller green leaves and yellow buds. The text is centered in a clean, black, sans-serif font.

Level Up Wellness Event

April 2026

**BLOOM AFTER THE  
STORM:**

Building resilience  
and balance

Presented by Janaé Lattimore



# Table of Conte nts

1. Introduction
2. Rollout
3. Flyer
4. Schedule
5. Pictures
6. Thank you

# Rollout for April's Wellness Event

April

*Bloom Where you are Planted*  
Wellness Calendar

2026

SUN	MON	TUE	WED	THU	FRI	SAT
			Wellness Wednesday <sup>1</sup> Free	Hydrate yourself <sup>2</sup>	Book a reservation for what you've been wanting to try <sup>3</sup>	Make a home cooked meal <sup>4</sup>
Self Care Sunday <sup>5</sup> Spend 30 minutes or more outside	Compliment 3 people <sup>6</sup>	Stretch for 10 minutes <sup>7</sup>	Wellness Wednesday <sup>8</sup> Go on a 30 minute walk	Eat more fruits today <sup>9</sup>	Take a relaxing bath <sup>10</sup>	Get rid of 3 things you never use <sup>11</sup>
Self Care Sunday <sup>12</sup> Treat yourself to a face mask or other skin products	Early Bedtime <sup>13</sup>	Add an extra veggie to a meal <sup>14</sup>	Wellness Wednesday <sup>15</sup> Find an affirmation +repeat 10x	Drink half of your bodyweight in ounces <sup>16</sup>	Engage in a favorite hobby <sup>17</sup>	Call a friend you haven't talked to in a while <sup>18</sup>
Self Care Sunday <sup>19</sup> Declutter a room or surface in your home	Do a kind deed for a coworker <sup>20</sup>	Cut back on caffeine today <sup>21</sup>	Wellness Wednesday <sup>22</sup> Digital Detox for 1 hour	Go for a walk after a heavy meal <sup>23</sup>	Try a new recipe for dinner <sup>24</sup>	Buy yourself a gift <sup>25</sup>
Self Care Sunday <sup>26</sup> Join a yoga class	Listen to an inspirational podcast <sup>27</sup>	Eat something healthy <sup>28</sup>	Wellness Wednesday <sup>29</sup> Set 3 goals to achieve in the next 30 days	Get a massage <sup>30</sup>		

Flyer



*Save the Date*

2026 Wellness Event

*Bloom After the Storm:*  
Building Resilience and  
Balance

4/30/26  
9:30 AM - 4 PM



# Schedule

## *Bloom After the Storm: Building Resilience and Balance*

*April 30, 2026*

9:30 AM - 10:00 AM - Welcome  
Speech/Massage Sign Up Sheet /  
Interactive Tables

10:00 - 11:00 AM Wellness Jeopardy

11:05 AM - 12:00 PM - ZUMBA/  
Dance Fitness

12 - 12:30 PM - Guest Speaker  
(Smoothie Cycle Set Up)

12:30 - 1:30 PM - Lunch / Smoothies

1:35 - 2:30 PM - DIY Sugar Scrub

2:30- 3:00 PM - Guest Speaker

3:05 - 3:55 - Yoga

3:55 PM - Closing Statement

***9:30 AM - 4 PM***

9200 Basil Ct  
Suite 410, Largo, MD 20774

# Decorations



# Wellness



# Zumba



# Guest Speakers



# Wheely Good Smoothies

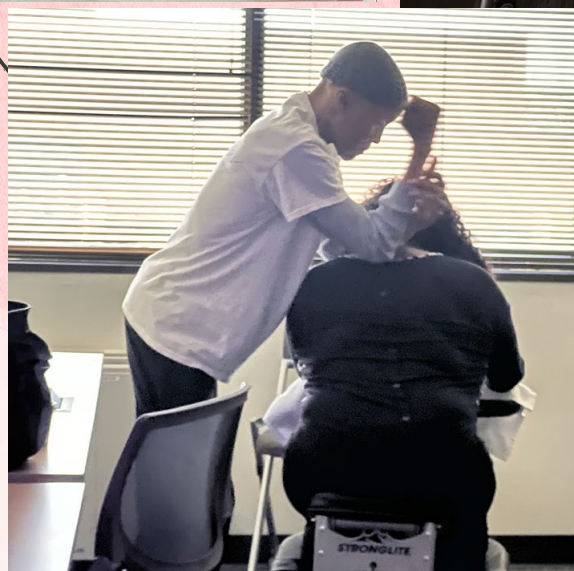


# DIY Sugar Scrubs





# THE LOTUS SANCTUARY



Thank You



Each of you  
are  
Wellness  
MVPs!

Cheers to  
elevating the  
total well-  
being in the  
County



THANK YOU

TEAM

YOU ALL ARE

AWESOME

# Continue to be AMAZING!

We appreciate each of you!

Stay tuned for the next **in-person** Wellness Champions meeting. An invitation will be sent **SOON!**

THANK  
YOU  
for MAKING a  
DIFFERENCE  
EVERY DAY!