



Summer is almost here and [Level Up](#) is excited to bring you a full guide of fun that we have planned for *The Summer of Wellness*! This is our annual campaign of kicking off a healthy summer.

Wellness is about making healthy choices and practicing healthy habits that contribute to feeling good and prioritizing what you need to make you look and feel your best—physically as well as mentally. [Level Up's 5 dimensions](#) encourage you to exercise, adopt healthy eating habits, focus on mindfulness, and much more.

There's no better time to prioritize your well-being than this summer—with longer days, more sunshine, less stress, and enjoying the outdoors, we hope you can reset your health goals with relaxation and restoration. No matter what you're in the mood for this summer, Level Up has got you covered with a variety of events – in person team cooking competitions and educational webinars.

We've planned a summer that checks all the boxes to *elevate your total well-being*. Explore *The Summer of Wellness* events and sign up for those that will help motivate and fulfill you! Plus, you could win BIG!

The Summer of Wellness Team Cooking Competitions

The Level Up Employee Wellness Program has partnered with [Jonathan Tate & Food on the Stove](#)!

This year we are spicing things up with two in-person cooking demos on [Wednesday, June 25](#) and [Wednesday, July 9](#) and you're not going to want to miss them. Cooking demos are a great way to learn hands-on, how to prepare healthy, delicious meals, build confidence in the kitchen, and get inspired to take control of your nutrition.

That's why, we're turning up the heat with a live team cooking competition! Grab your coworkers, get creative with surprise ingredients and compete for a chance to win BIG prizes per winner. Spots are limited and it's **first come first serve** – so rally your team and sign up fast. Fun, food and a little friendly competition await!

When: [Wednesday, June 25](#) & [Wednesday, July 9](#)

Where: HR Headquarters – 1400 McCormick Drive, Largo, MD – Conference Room 308, 3rd Floor

The Summer of Wellness Educational Webinars

JUNE 2025 ~ Noon

Date	Class	Registration Link
June 4	Six Anti-Inflammatory Recipes for Your Summer BBQ	Sign up now
June 11	Summer of Wellness: Just Breathe	Sign up now

JULY 2025 ~ Noon

Date	Class	Registration Link
July 16	Soak Up the Summer: Burnout Prevention	Sign up now
July 23	Unlock Your Best Summer: 7 Tips for a Vibrant Summer	Sign up now

AUGUST 2025: Something BIG is happening – Stay tuned!



Webinar Wellness Prizes

Everything is better with prizes, right? Each webinar week, Level Up will raffle off the following:

- One **Ninja Mega Kitchen System**
- One **\$100 Gift Card**
- One **Ninja Foodi 6-in-1 Countertop Grill**

To be entered into the drawing each webinar week, you must register and attend at least one webinar that month. Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Summer of Wellness Campaign.



Questions

Contact LevelUp@co.pg.md.us with any questions. Breathe deep, move freely and let your wellness bloom this summer!

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