



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 webinars.

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

About The Summer of Wellness

- Use the calendar below to select and **register for each webinar** using the *Sign up now* links.
- All webinars are on **Wednesdays** and **begin at 12 p.m.**
- Register, tune in, and you could **win!**

Wellness Prizes

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

- One **Cuisinart Griddler**
- One **Ninja Smoothie & Food Processing Blender**
- One **\$100 Gift Card**

To be entered into the drawing each month, 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.



JUNE 2024

| Date | Class | Registration Link |
|---------|---|-----------------------------|
| June 12 | Habit Management for a Healthy You | Sign up now |
| June 26 | BBQ Well – Sides, Sauces & Main Courses | Sign up now |

JULY 2024

| Date | Class | Registration Link |
|---------|--------------------------------------|-----------------------------|
| July 10 | Nutrition for Kids & Family Planning | Sign up now |
| July 24 | Ditch the Diets | Sign up now |

AUGUST 2024

| Date | Class | Registration Link |
|-----------|---|-----------------------------|
| August 7 | Complementary and Alternative Health Care | Sign up now |
| August 21 | Have Your Cake and Eat It Too: Healthy Desserts | Sign up now |

Questions

Contact LevelUp@co.pg.md.us with any questions. Have a great summer!

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