



November is Diabetes Awareness Month and Level Up is Taking It Higher!

At Prince George's County Government, we're not just raising awareness – we're elevating the conversation around health, prevention, and total well-being. The Level Up Employee Wellness Program is committed to helping you and your families thrive – mind, body & spirit.

Each November, Level Up proudly joins this national movement to spotlight Diabetes Awareness Month, which is a powerful reminder that small, consistent changes can make a big impact.

This year, Level Up is bringing you three inspiring Wednesdays – November 5, 12 and 19, filled with live interactive experiences that empower you to elevate your health and well-being.

[Chef JoJo](#), a beloved DMV culinary star will host energizing live cooking demos, showing you how to create nutritious, flavorful meals that help keep blood sugar balanced, without sacrificing taste or joy.

[Dr. Ju](#), a renowned OB-GYN from Atlanta, GA, will lead an enlightening discussion on the connection between diabetes and menopause, sharing how hormonal changes can impact blood sugar and what practical steps women can take to protect their long-term health.



Meet  
**Chef JoJo**



It's not just about the food—it's about creating an entire experience. From the moment you walk in, you're gaining insight, inspiration, and memories that last long after the meal is over. Every event, every class, and every tasting is designed to bring people together through flavor, creativity, and connection. I can't wait to help you create something unforgettable.



Together, they'll deliver real tools, real talk and real inspiration – helping you Level Up your health and elevate your total well-being. [Register TODAY!](#)

## Webinars

*Join us at noon on Wednesdays in November!*

Date	Live Events	Registration Link
November 5	<a href="#">Live Cooking Demo w/Chef JoJo</a>	<a href="#">Sign up now</a>
November 12	<a href="#">Diabetes &amp; Menopause w/Dr. Ju</a>	<a href="#">Sign up now</a>
November 19	<a href="#">Live Cooking Demo w/Chef JoJo</a>	<a href="#">Sign up now</a>

*Sessions are brought to you by Level Up Employee Wellness Program and presented by CRW Solutions Group.*



## Prizes

*Everything is better with prizes, right?*

Each week, Level Up will raffle off **three items**:

- One \$100 Gift Card
- One KitchenAid Tilt-Head stand Mixer
- One Instant Pot 7-in-1 Electric Pressure Cooker

To be entered into the random drawing each week, you must **register and attend** at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to nurture ourselves with healthy eating habits and maintain physical activity – that's staying healthy and elevating our total well-being.



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