

Summer is the perfect time to reset, recharge and Level Up your wellness! From engaging wellness webinars to our upcoming 5K event, Level Up is bringing employees opportunities to move more, build healthier habits, and focus on feeling your best all season long!

The Summer of Wellness Educational Webinars

JULY 2026 ~ Noon

Date	Class	Registration Link
July 1	Habit Management For A Healthy You	Sign up now
July 15	Metabolism Makeovers for Wellness & Weight Loss	Sign up now

🎉 Here are the winners from the June 3 webinar 🎊

- Thomasina Fraizer ~ Police Department
- Christina Collins ~ Office of Central Services
- Lisa Majors ~ Office of Finance

Webinar Wellness Prizes



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

- **One Portable Smoothie Blender**
- **One $100 Gift Card**
- **One Under Desk Elliptical Machine**

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.

JULY 25: 5K REGISTRATION COMING SOON!

See What You Missed At Last Year's Event



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