



Oh, What A Year!

Thanks to your support, engagement, feedback, and overall participation, 2024 was a very successful year for Level Up! We appreciate the unique role of being a part of your wellness journey.

Look at Everything We Did Together

- **Program Launches**
 - Random Acts of Kindness Week
 - Resiliency Roadshows
 - Know Your Numbers
 - Candid Conversations
- **Online Wellness Challenges**
 - BurnAlong Total Well-Being Journey
 - Go Gold
 - Walktober
- **Awareness Campaigns**
 - Heart Health
 - National Nutrition
 - Financial Wellness
 - Mental Health Awareness
 - Summer of Wellness
 - Self-Care September
 - Breast Cancer Awareness
 - Diabetes Awareness
- **Newsletters**
 - *Wellness Wednesday* – highlighting the employee wellness program
 - *For You...Friday* – highlighting the employee assistance program
- **Honorable Mentions**
 - [Omada Health](#) Impact: 4,046 pounds lost

Thank You

A special thank you to the Wellness Champions! We appreciate all of your hard work and commitment to wellness within your agencies. Together, we will continue to work toward building a healthy workforce.

We look forward to your commitment and participation next year. We are excited for you to Level Up in 2025!

Celebrate the 5th Anniversary of Level Up

[Take the Survey & Win BIG!](#)

Be well and continue to elevate your total well-being.
Have a Healthy & Safe Holiday Season!

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

