



Thank you for participating in the BurnAlong Total Well-Being Journey. We hope you were able to refresh your entire well-being and your mind, body, and spirit feels renewed!

Look at what we were able to accomplish together:

- Total minutes: **185,292**
- Total hours: **3,000**
- Top Categories: **Bootcamp, Stress Management, Mindfulness, Sleep & Seniors**

“And the Winners Are...”

Top Winners – Apple iPads

- Elizabeth De-Leon, Office of Homeland Security
- Nasif Tofa, Dept. of Permitting Inspections & Enforcement
- Brittany Crites, Office of Homeland Security
- Christen Carpenter, Board of Elections
- Bianca-Marie Noveno, Dept. of Housing & Community Development

Random Winners – \$250 Gift Cards

- Priscilla Lyons, Office of the Sheriff
- Melvin Smith, Dept. of Corrections
- Bonnie Man, Office of Information Technology
- Sean McFarland, Police Department
- Ruby Short, County Council



Thank you for participating in Random Acts of Kindness Week (Feb. 12-16). We hope you

continue to make a point of showing yourself, and those around you, some kindness, that's elevating your total well-being!

“And the Winners Are...”

Stanley Cup

- **Monique Carey**, Office of Finance
- **Felicia Whitley**, Office of Central Services
- **Julia Bradley**, Office of Human Resources Management

\$100 Gift Card

- **Nicole Duppins**, Fire-EMS Department
- **Ashley Blount**, Dept. of Family Services
- **Mike Nzeni**, Health Department

Retro Convection Toaster Oven

- **Ashley Ritter**, Police Accountability Board
- **Camiya Hairston**, Dept. of Public Works & Transportation
- **Jonathan Wynn**, Office of Law

Showing Our **LOVE** to the Wellness Champions!

Level Up is spreading the love with a new initiative: Wellness Champions Spotlight! We value our Wellness Champions who are rockstars that inspire, encourage, and lead individuals and teams on a journey to a happier and healthier life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George's County Government.

Wellness Champion Profile

Name: Melanie Stargell
Position: Staff Clinician
Department: Department of Corrections
Years with the County: 5



Why did you volunteer to be a Wellness Champion? As a Licensed Clinical Professional Counselor, I believe that a comprehensive and wholistic approach to wellness is needed for everyone and I wanted to be able to support and provide knowledge and resources my colleagues at the Department of Corrections.

What do you do for exercise or physical activity? Yoga.

What is your health goal(s)? I want to be able to effectively manage my diabetes and lower my A1C.

What is your favorite healthy snack? Popcorn.

What keeps you motivated? I am motivated to maintain my overall wellness because if I am not well, I am unable to love at my greatest capacity.

What is your favorite motivational quote? “The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”

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