



Random Acts of Kindness Week

[Level Up](#) is spreading love and kindness. You are the heartbeat of the County, and we want to encourage a heart-healthy workplace culture through kindness.

We are celebrating Random Acts of Kindness Week (RAK)! RAK was created by the [Random Acts of Kindness Foundation](#) with the mission of making kindness the norm. We are reminded that kindness doesn't have to be grand to be powerful. Often, it's the small, intentional choices we make each day that create the greatest impact on our health, our communities and our future.

Through Level Up, we've intentionally aligned this year's webinars with a broader definition of kindness – one that includes caring for our hearts, honoring our bodies, and being mindful stewards of the resources we use and share.

These sessions are more than webinars. They are invitations to pause, reflect, and choose kindness in ways that are sustainable, realistic and impactful. We encourage you to join us, learn with us, and find one small act – toward yourself or others, that can ripple into something greater.

You don't have to change everything – just one habit, one choice, one perspective. Join us for one session or all three and take what serves you!

Join Us at Noon in February!

Date	Session	Registration Link
February 10	Sustainability Solutions: Reserving & Preserving Our Resources	Sign up now
February 11	The Mediterranean Diet	Sign up now
February 12	Salt & Sugar: What You Need to Know	Sign up now

Wellness Prizes

Everything is better with prizes, right?

During Random Acts of Kindness Week, Level Up will raffle off the following:

- **Three (3) Beats Pill Wireless Bluetooth Speaker**
- **Three (3) \$100 Gift Cards**
- **Three (3) Keurig Single Serve Coffee Makers**



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

Make a point of showing yourself, and those around you, some kindness. You'll feel better for it. That's elevating your total well-being!

GO RED FOR WOMEN.

The nation goes red on the first Friday in February. [Go Red for Women](#) is the American Heart Association's global initiative to end heart disease and stroke in women. Launched in 2004 to close the gap in awareness, Go Red quickly expanded into a worldwide movement dedicated to removing the barriers women face to achieving good health and wellbeing.

Send a photo of you or your team wearing red on Friday to LevelUp@co.pg.md.us and you could win a special prize!



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