

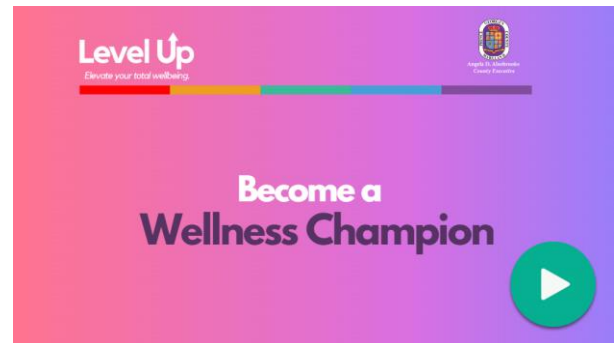


Become A Wellness Champion

Apply by July 15, 2024

*Do you have a passion for wellness?
Join the network of Level Up Wellness Champions!*

Wellness Champions serve as ambassadors who empower Prince George's County Government employees to become healthier, happier, and more productive at work and at home. Wellness Champions are County employees, like you, who help the Level Up Employee Wellness Program spread its message—to *elevate your total well-being*—through motivation, encouragement, education, and inspiration.



Benefits of Being a Wellness Champion

Being a Wellness Champion will come with some great benefits and perks, but it will also help you develop, practice, and strengthen a variety of personal and professional skills including:

- Leadership
- Team building and collaboration
- Creativity
- Organization
- Project planning/coordinating events
- Network/relationship building
- Expansion of your own personal wellness goals

And, you will help build a culture of wellness throughout Prince George's County Government!

Wellness Champion Application Apply by July 15, 2024

If you're interested in joining the ranks of the Wellness Champions, complete and submit a Wellness Champion application online by Monday, July 15, 2024.

[Click here to start your Wellness Champion application.](#)



Questions?

If you want more information about how to be a Wellness Champion, contact the Level Up Wellness Program at LevelUp@co.pg.md.us.



Register for the Summer of Wellness

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

- One **Cuisinart Griddler**
- One **Ninja Smoothie & Food Processing Blender**
- One **\$100 Gift Card**

Here are the winners for June:

- Diana Osgood ~ Office of Law
- Stephanie Stapleton ~ Office of Homeland Security
- Kaleab Beyene ~ Dept. of Permitting Inspections & Enforcement

To be entered into the drawing each month, 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.

Office of Human Resources Management

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