



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!

In honor of Men’s Health Month, we’re shining a light on the importance of men prioritizing their health through prevention, awareness, and everyday wellness choices. ❤️

## The Summer of Wellness Educational Webinars

### JUNE 2026 ~ Noon

Date	Class	Registration Link
June 17	<a href="#">Guided Stretch</a>	<a href="#">Sign up now</a>

### JULY 2026 ~ Noon

Date	Class	Registration Link
July 1	<a href="#">Habit Management For A Healthy You</a>	<a href="#">Sign up now</a>
July 15	<a href="#">Metabolism Makeovers for Wellness &amp; Weight Loss</a>	<a href="#">Sign up now</a>

🎉 **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: The Return of Our End of Summer 5K – Stay tuned!

 [See What You Missed At Last Year's Event](#) 



LEVEL UP PRESENTS  
OUR ANNUAL SUMMER WELLNESS EVENT

# FUN in the SUN

## 5K WALK/RUN & WELLNESS FAIR

Stay for the WELLNESS EXPERIENCE!

**SUMMER WELLNESS FAIR**  
HEALTH SCREENINGS  
VENDORS • GIVEAWAYS  
FAMILY FUN & MORE!

**SATURDAY 07.25.2026**

**MORE INFORMATION**  
LevelUp@co.pg.md.us

**LOCATION**  
6336 Rosecroft Drive  
Fort Washington, MD 20746

**Level Up**  
Elevate your total well-being.  
Prince George's County Government  
Employee Wellness Program

**PROTECT** Practice sun safety.  
**HYDRATE** Drink water. Stay refreshed.  
**MOVE** Be active together.  
**THRIVE** Build healthy habits.



# Wellness Wednesday

**Level Up**  
Elevate your total well-being.  
OHRM Office of Human Resources Management

June is National Men's Health Month and **Level Up** wants to encourage all men to live longer and healthier lives. This month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions such as exercising and eating healthy.

# Roundtable Talk ~ Men's Health

The Health Department is hosting a powerful conversation – [register NOW!](#)



**THE  
ROUNDTABLE**  
KIDNEY DONATIONS  
& MEN OF COLOR

**JOIN US AS WE TALK ABOUT KIDNEY DONATIONS & MEN OF COLOR**

**MICROSOFT TEAMS MEETING (ONLINE)**  
**WEDNESDAY, JUNE 24TH, 2026**  
**11:00 AM – 12:00 PM**

Join us for a powerful conversation about kidney disease, living kidney donation, and why men of color are disproportionately impacted by this life-threatening disease.

**OPEN TO THE PUBLIC**

**DR. TOVIN OPESANMI**  
HOST


**ACTOR ERRON JAY**  
TRANSPLANT RECIPIENT - MENTOR

**ROORIKUS SPRINGFIELD**  
TRANSPLANT RECIPIENT - MENTOR

**MICHAEL DAVIS**  
TRANSPLANT RECIPIENT - MENTEE



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County Executive Aisha N. Braveboy

**Elevate**  
PRINCE GEORGE'S  
One County United

ELEVATE YOUR VOICE | ELEVATE YOUR COMMUNITY

**OHRM**  
Office of Human  
Resources Management