



The Summer of Wellness Team Cooking Competitions

The first team cooking competition beings TODAY! 🍳

The Level Up Employee Wellness Program has partnered with [Jonathan Tate & Food on the Stove!](#)

This year we are spicing things up with two in-person cooking demos on [Wednesday, June 25](#) and [Wednesday, July 9](#) and you're not going to want to miss them. Cooking demos are a great way to learn hands-on, how to prepare healthy, delicious meals, build confidence in the kitchen, and get inspired to take control of your nutrition.

That's why, we're turning up the heat with a live team cooking competition! Grab your coworkers, get creative with surprise ingredients and compete for a chance to win BIG prizes per winner. Fun, food and a little friendly competition await!

When: [Wednesday, June 25](#) & [Wednesday, July 9](#)

Where: HR Headquarters – 1400 McCormick Drive, Largo, MD – Conference Room 308, 3rd Floor

The Summer of Wellness Educational Webinars

JULY 2025 ~ Noon

Date	Class	Registration Link
July 16	Soak Up the Summer: Burnout Prevention	Sign up now
July 23	Unlock Your Best Summer: 7 Tips for a Vibrant Summer	Sign up now

Webinar Wellness Prizes

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

- One **Ninja Mega Kitchen System**
- One **\$100 Gift Card**
- One **Ninja Foodi 6-in-1 Countertop Grill**

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.



The BIG event of the Summer of Wellness ~ August 2!
Registration coming soon!
Spread the word to your family & friends! 📣

Questions

Contact LevelUp@co.pg.md.us with any questions. Breathe deep, move freely and let your wellness bloom this summer!

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