

12 Days of Wellness CHALLENGE

Level Up
Elevate your total wellbeing.

OHRM Office of Human
Resources Management

Prince
Georges
Proud

Cheers to Completing the Challenge!

Thank you for joining us in the 12 Days of Wellness Challenge. We hope you enjoyed completing a different health-related activity each day for 12 days. And most importantly, learned more about Level Up's **5 Dimensions**: *Preventive Health, Behavioral Health, Healthy Eating, Physical Activity and Financial Wellness.*

Randomly Selected Gift Card Winners

Thank you to everyone who participated in the 12 Days of Wellness Challenge. The randomly selected winners of the \$50 gift cards are...

- Ja'Net Pettus, Police Department
- Lisa Smith, Office of the Sheriff
- Belinda Moore, Office of Management and Budget
- Timilehin Idris, Health Department
- Jennifer Black, Office of Human Resources Management
- Kevin Hosey, Department of the Environment
- Samantha Walker, Office of Homeland Security
- Benjamin Moseley, Police Department
- Deanna Tice, County Council
- Shannon Okoronkwo, Department of the Environment
- Michael Snyder, Police Department

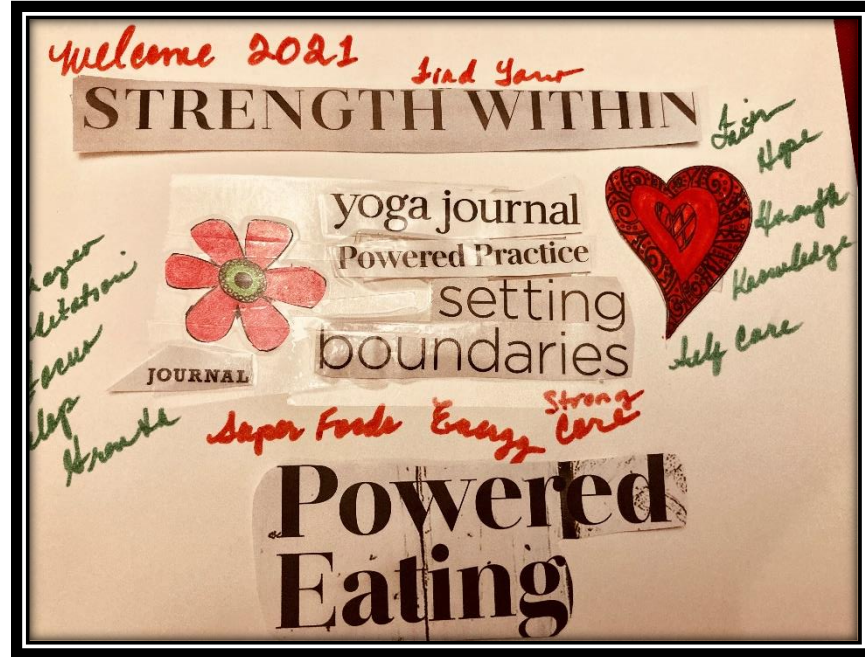


Photo 1 - Vision board by Lisa Chinn, OHRM

Thank You for Submitting Vision Boards

The final activity of the 12 Days of Wellness Challenge was to create a vision board with your wellness goals for 2021. Thank you to everyone who submitted photos of their vision boards—stay motivated in the New Year and continue to *elevate your total wellbeing*.

- Debra Adams, Health Department
- Terry Hampton, Soil Conservation
- Michelle Russell, Department of the Environment
- Jessie Johnson, Office of Law
- Sheila Nalikka, Health Department
- Deanna Tice, County Council
- Robyn Owens, Office of Community Relations
- Alicia Swann, Department of the Environment
- Lisa Chinn, Office of Human Resources Management
- Lisa Smith, Office of the Sheriff
- Lorna McKenzie, Health Department
- Jennifer Passero, Police Department
- Elveta Martin, State's Attorney's Office
- Tava White, Department of Corrections



Photo 2 – Vision board by Robyn Owens, OCR

Office of Human Resources Management
 Level Up – Employee Wellness Program
 1400 McCormick Drive, Suite 245
 Largo, MD 20774
LevelUp@co.pg.md.us



Angela D. Alsobrooks
 County Executive