



Check out the winners for Week 5. If you missed any of the Self-Care September webinars or if you want to revisit all of the amazing activities, explore all of the recordings on the [Wellness on Demand](#) page.

Here are the winners for Week 5:

- **Self-Care Book:** Cathy Boteler, Police Department
- **\$50 Panera Gift Card:** Shalese Thomas, Department of Family Services
- **Sherpa Blanket:** Sumeana Leslie, Office of Human Rights
- **Electronic Diffuser:** Roslyn Walker, Office of Ethics & Accountability



And the Winners are...

We hope you enjoyed the art of enhancing mindfulness, sharing gratitude, increasing optimism and strengthening connections.

Look at what we were able to accomplish together:

- Total participants: **171 participants**
- Total teams: **15 teams**
- Total mobile users: **50 downloads**
- Total Works of Art Completed: **761 completions**
- Total Badges Earned: **820 earned badges**
- Total number of Collage activities recorded: **983 activities**
- Total number of Connection activities recorded: **849 activities**
- Total number of Gratitude activities recorded: **1,360 activities**
- Total number of Mindfulness activities recorded: **1,453 activities**
- Total number of Optimism activities recorded: **1,781 activities**

Individual Winners

- **1st Place:** Apple iPad Mini ~ Mayuri Middough, Police Department
- **2nd Place:** FitBit ~ Toni Lee, State's Attorney's Office
- **3rd Place:** \$50 Target Gift Card ~ Naomi Mackie-Cook, Department of Family Services

Team Winners – \$50 Nike Gift Cards

- *B.A.D. Girls*
 - Keyanah Key
 - Robdeshia Jamison
 - Roslyn Walker
 - Tikeetha Thomas
- *Brave Justice*
 - Alana Gayle
 - Daniel Bradley
 - Jonelle Ransom
 - Toni Lee
- *Breathless*
 - Denise Dryden
 - Jennifer Hawkins
 - Marcia Hawkins
 - Rachell Carson
- *Butterfly Effect*
 - Diona Roney-Guy
 - Erica Santiago
 - Julius Turner
 - LaToya Crump
- *Faith Filled Promises*
 - Deborrah Banks
 - Elizabeth Coker-Nnam
 - Melanie Lardiero
 - Tava White
- *Purpose Driven*
 - Angela Edwards
 - Deneen Hensley
 - Monica Cornelius
 - Pamela Cherry
- *Spiritual Fitness*
 - Candice Williams
 - Elizabeth Bowers
 - Jasmine Drake
 - Stacy Howard
- *Team Colors of Health*
 - Carolyn Cook
 - Elana Desrivieres
 - Lisa White
 - Sherreill Myers
- *The Health Hunters*
 - Cassandra Campbell

- George Anwuri
- Joy Brown
- Shirley Schreffler
- *Witness the Fitness*
 - Fiona Thampi
 - Kim Rush Lynch
 - Rocquel Broady
 - Terry Hampton

BONUS: 1st Place Runner Ups – Apple Beats Flex Ear Buds

- James Turner, Health Department
- Shawn Miller, Fire & EMS Department
- Vickie Yiannoulou, Circuit Court
- Zuleika Dudley-Birruete, Health Department
- Omobola Sokoya, Department of Permitting, Inspections & Enforcement
- Sonya McMillan, Health Department
- Ada Newman, Office of Human Resources Management
- Valerie Watson, Fire & EMS Department
- Kashara Robinson, Office of Human Resources Management
- Michael Snyder, Police Department
- Lisa White, Office of Homeland Security
- Angela Edwards, Office of the Sheriff
- Robdeshia Jamion, Office of Human Resources Management
- Jonelle Ransom, State's Attorney's Office
- Devyn Kiszewski, Department of Corrections
- Donnell Richardson, Soil Conservation
- Anya Makarova, County Council
- Karen Payne, Health Department
- Megan Vila, Department of Family Services
- Roslyn Walker, Office of Ethics & Accountability

Congratulations!

Congratulations to all of the winners! We encourage everyone to continue to set healthy goals and prioritize your self-care journey. Thank you for participating.

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