

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the July **Coffee & Chat** and join us on **Wednesday, July 6 at 9 a.m.**

- The Summer of Wellness Celebration continues!
- And of course, we'll have some random wellness giveaways.
- So be sure to register, grab your warm cup, and tune in for next month's segment.



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



June

July

August

BurnAlong

Have you signed up for [BurnAlong](#) yet? Get your free account, plus 4 free accounts for your friends and family today! This is the perfect way to get motivated by working out when and how you want to—and you can do it with your friends or solo!



Join Level Up on Fri., July 15 for the [Drive-in Movie and Mini Field Day](#) at Prince George's Community College. Register online, bring the kids to play games and activities and stay for the movie, Minions (2015, rated PG). Free food and popcorn for registered attendees!



Join Level Up on Sat., August 6 for the [Family Field Day & Wellness Expo](#) at Montpelier Farms. This is the biggest event of the summer! Register online and bring the kids to the farm for some fun activities, games, giveaways, live DJ, employee benefit vendors and more!

Seize the Year!

Level Up
Elevate your total wellbeing.

June is Men's Health Month

Thank you to everyone who brought awareness on **Friday, June 17** by wearing **blue**! Kudos to showing your support for Men's Health Month!

Office of Community Relations



Office of the Sheriff

Office of Finance



Additional Resources

- [Centers for Disease Control & Prevention](#)
- [Omada](#) for Cigna & Kaiser Permanente members
- Health Department's [Prevent Type 2 Diabetes Program](#)

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

