

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the December **Coffee & Chat** webinar and join us on **Wednesday, Dec. 7 at 9 a.m.**

- You don't want to miss the last Coffee & Chat of 2022!
- There will be BIG wellness giveaways and prizes.
- We'll recap Level Up's successful year and give you a sneak peak of 2023.
- Grab your warm cup and tune in to next month's segment!



Diabetes Awareness Month

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Happy Thanksgiving!

It's time to enjoy and spend quality time with your family and friends. We should all express gratitude, celebrate good fortune, and enjoy good food. While the food will take center stage this holiday, don't forget to bring wellness to the table. Here's some serious food for thought: it's not uncommon for many individuals to consume 3,000 to 5,000 calories around the Thanksgiving table! Be mindful of your eating and drinking—and be good to your body.



Stay healthy this Thanksgiving

- **Go easy on yourself**—don't stress out about your weight loss goals. Strive for weight maintenance instead of weight loss this Thanksgiving.
- **Get a full 8 hours (or whatever your body needs)**—being well-rested can help you feel your best for the day's festivities.
- **Hydrate, and hydrate again**—drinking plenty of water is always a good idea, and can help curb your appetite.
- **Don't forget to eat (breakfast)**—having a nutritious and full breakfast can help you keep snacking and overeating under control.
- **Serving size is important**—be sure to use snack-size plates for snacks and appetizers. Grabbing large dinner plates can often put too much of those snacks in your belly before a meal.
- **Take time and enjoy your food**—this is a marathon, not a sprint. Don't rush through your meals or snacks.
- **Make your plates colorful**—remember to add some colorful greens to your plate.
- **Have your cake and eat it, too**—have the pies, cakes, cookies, etc.—savor all things in moderation!

Diabetes Awareness Month Events:

Register Now for Webinars

Take charge of your health! [Browse the offerings and sign up today!](#)

Here are the winners for Week 3:

- **Apple iPad:** Aisha Sanders ~ Police Department
- **\$100 Gift Card:** Lorraine Jones-Wardlaw ~ Department of the Environment
- **Ninja Pressure Cooker:** Nena McNeil ~ Office of Human Resources Management
- **Hamilton Beach Big Mouth Plus 2-Speed Juicer:** Aminat Ambali ~ Health Department

Each week, Level Up will raffle off one of the following giveaways:

- **Apple iPad**
- **\$100 Gift Card**
- **Ninja Pressure Cooker**
- **Hamilton Beach Big Mouth Plus 2-Speed Juicer**

To be entered into the random drawing each week, you must register and attend at least one (1) class scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

Additional Resources

- [Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)

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