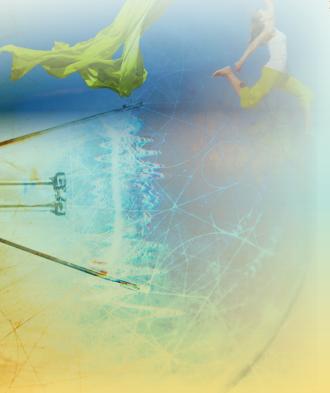


## Provided by Well Aware and UnitedHealthcare FREE SEMINAR



## Manage Your ENERGY, Not Just Your Time

• THURSDAY, AUGUST 30, 2012 4:30–5:30 p.m. Carver Educational Services Center Cafeteria 850 Hungerford Dr. • Rockville, MD 20850

Attend this seminar to learn some of the best strategies, ideas, and rituals for boosting your energy levels and becoming fully engaged in your life.

**E-MAIL wellness@mcpsmd.org** to register for this seminar.

PRESENTED BY:

UnitedHealthcare

