

MCPS Well Aware presents

Make Movement Your Mission

Don't have time to work out? Let us help you shift your mindset and priorities so you can discover what exercise should look like and how to fit it in during your day. Learn about movement opportunities you may be missing out on throughout the day. You could be making movement your mission—without a gym!



- **WEDNESDAY,**
SEPTEMBER 25, 2024
4:30–5:30 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

