



# eNews

The education you need for the health you want

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](mailto:wellness@mcpsmd.org)  
to register for this seminar.

PRESENTED BY:



ROCKVILLE, MD