



Wellness Recess

Sponsored by Level Up

Check out Level Up's newest campaign, [Wellness Recess](#).
Join us for this webinar series as we discuss ways to destigmatize mental health care, learn the benefits of seeking help, and identify mental health care resources available.



“And the winners are...”

Thank you for participating in the BurnAlong Total Well-Being Journey. We hope you were able to refresh your entire well-being and your mind, body and spirit feels renewed!

Look at what we were able to accomplish together:

- Total minutes: **33,454**
- Total classes: **1,479**
- Popular Fitness Categories: **Cardio & Abs**
- Popular Emotional Support Categories: **Mindfulness & Stress Management**
- Specialty Categories: **Nutrition & Healthy Eating/Recipes**

Random Winners - \$250 Gift Cards

- **Tynitra Alexander**, Office of Homeland Security
- **Wanda Coley-Smith**, Office of Finance
- **Jocelyn Downtin**, Department of Housing & Community Development
- **Maleika Matthews**, Department of Public Works & Transportation
- **Deborah Sullivan**, Office of Human Resources Management

Congratulations!

Congratulations to all of the winners! We encourage everyone to continue to set personal wellness goals and prioritize your well-being journey. Thank you for participating. Stay tuned for the next wellness challenge – Spring Into Motion!

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